

"All the news
that we remember
to print"

Talking Heads

Community
Working
Together

Newsletter for Individuals with Traumatic Brain Injury In the Bay Area

Issue 28 • Feb – Apr 2002

TBI State Grant Programs What the heck are they?

The TBI State Grant Program is an initiative designed to improve access to health and other services for all individuals with brain injuries and their families. The program's primary goal is to ensure that the estimated 5.3 million individuals and their families who live with the effects of TBI in the United States have access to a comprehensive, coordinated system of care that is person-centered and attends to their changing needs from the moment of injury throughout the rest of their lives. Sounds good!

The program originated as part of the TBI Act of 1996 (Public Law 104-166). It gave the Health Resources and Service Administration (HRSA), through the Maternal and Child Health Bureau (MCHB) authority to establish grant programs for states to assist in addressing the needs of individuals with TBI and their families.

The TBI State Grant Program equips the states with seed money to begin work on the integration of services, the establishment of policy, and the procurement of financial support to bring about systems change. States work to strengthen state infrastructure, improve community supports and services, develop and evaluate model approaches to the myriad challenges in integrating TBI services into the broader service delivery system, and generate support from local and private sources for sustaining their efforts after the grant's completion.

What about California?

In 1999, the California Department of Mental Health was awarded a Planning Grant. The objectives of this grant are to (1) increase collaboration among state agencies, (2) assess the current status of resources, needs, and gaps in services for persons with TBI and their families, (3) develop an Advisory Board, and (4) create a statewide Action Plan to develop a coordinated system of care to address the needs of the person with TBI and their families.

The TBI State Grant Advisory Board in California consists of 18 members representing state departments, public and nonprofit health-related organizations, disability advisory groups, injury control programs, and individuals with TBI and their families. Numerous surveys have been disseminated to state departments, providers, and TBI survivors/family members. In addition, nine public forums and multiple focus groups have been conducted around the state to assess the status of resources, needs, and gaps in services. The results are being gathered and analyzed to finalize an Action Plan due this summer. It is California's intention to apply for an Implementation Grant next December to begin acting on the statewide Action Plan. Stay tuned. For further information, contact Jane Laciste, TBI Project Coordinator, California Department of Mental Health (916) 654-3529, or email laciste@dmhhq.state.ca.us

BrainWaves

TBI Resources on the Internet!

Want more information about the TBI Act and State Grant Programs? Below are some sites that are good legislative starting points.

- **Traumatic Brain Injury Technical Assistance Center**
www.tbitalac.org
More information about the TBI State Grant Programs, grantee profiles, and grant alerts.
- **National Association of State Head Injury Administrators (NASHIA)**
www.nashia.org/hrsa1.htm
Updated information on what is going on with Planning, Implementation, and Post Demonstration Grants.
- **Brain Injury Association of America**
www.biausa.org/tbiactof.htm
Read it yourself! Its the text of H.R. 248 (the TBI Act). The Brain Injury Association is also a good resource for national legislation info.

Please note:

This listing is intended to be a resource for all those interested in traumatic brain injuries. It does not represent an endorsement of the organizations represented nor an affirmation of the information contained therein. So there.

Community Focus: Agencies You Should Know About

Leisure Club Santa Cruz County Parks Department

This year-round group is for adults 18 and up who are survivors of traumatic brain injuries and other related brain injuries. The program is divided into planning sessions, community excursions, and some out-of-county trips. The club meets every Wednesday at 6:30 pm. Activities include movies, dinner outings, bowling, sporting events and much more. The Leisure Club coordinator is Dian Mohler. Ms. Mohler will be receiving a Masters Degree in Therapeutic Recreation from San Jose State University. For additional information, please call Linda Sullivan, the program supervisor, at (831) 454-7900.

Services for Brain Injured Children (& their Families) Services for Brain Injury

Services for Brain Injury (SBI) has a unique after-school program for brain injured children including training for their parents. Children from the ages of 8 to 13 are involved in specific programming 2 days per week after school for 3 hours. Children learn how to get along, how to work together in a team effort, how to be more successful in the classroom, and how to remember important information. Parents are trained to teach their children strategies of compensation, how to reinforce newly learned strategies in the home, and what the differences may be between raising an enabled child vs. a brain injured child. Curriculum includes play and planning, activities for learning, new thinking and skills training, ADL training, computer activities and much more!

SBI is fortunate to have had the generous support of professionals in the community to design and implement the program: Dr. Catherine Popell, Neuropsychologist and Advisor to SBI; Dr. Dave Masucci, Educator and Psychologist, and Staff Psychologist at SBI; Dr. Brendon Pratt, Pediatric Neuropsychologist; and Dr. Benjamin Mandac, Director of Pediatric Rehabilitation at Santa Clara Valley Medical Center, who is the program's Medical Advisor.

Please contact Judy Kram-Miller, Director of SBI Projects & Research at 408-295-4119 or email Judy at jkm@SBIcones.org for additional information.

Support for Caregivers California Caregiver Resource Centers

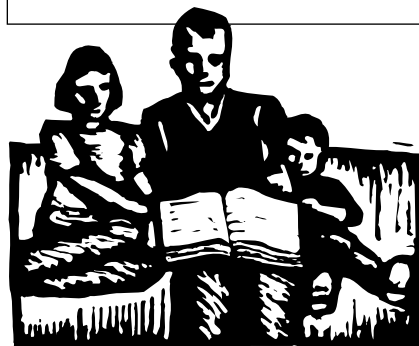
The 11 non-profit Caregiver Resource Centers provide a wide range of regionally-based services to support and assist families and caregivers who care for adults with cognitive impairments. Services are designed to deter institutionalization, allow caregivers to maintain a normal routine and promote quality care. Services are free or low cost and include: specialized information, family consultation & care planning, respite care, short-term counseling, support groups, professional training, legal & financial consultation, and education. In 1999-2000 the Caregiver Resource Centers served more than 12,000 clients. Maybe they have something to offer you? For more information contact our local center, Family Caregiver Alliance, at (800) 445-8106 or visit www.caregiver.org

Rehabilitation Research Center needs Your Input!

The Rehabilitation Research Center (RRC) at Santa Clara Valley Medical Center is funded through a five-year grant from the National Institute on Disability and Rehabilitation Research (a branch of the Department of Education).

Current funding for the RRC will end on October 12, 2002. Before that time we will send in a new grant application. We would like to get your input on what programs and research we should include in our new proposal. Current projects include peer support, *Brain Matters*, *Talking Heads*, and community resource guides. Research projects include long-term follow-up, outcome prediction studies, and studies on violence. Where do you think we should spend more (or less).

Here's your chance to give us input. Call (800) 352-1956 and ask for a copy of our survey or fill it out online at www.tbi-sci.org/survey.



Talking Heads Needs You!

Talking Heads welcomes your contributions. Be it a personal story, a resource we should know about, comments, criticisms, or just good jokes. Hey! We're not kidding!

Send any or all ideas to:
talkingheads@tbimatters.org

Put criticisms on the back of a \$20 bill and mail to:
Jerry Wright & Mary Lou Kohlmler
Co-editors/Talking Heads
950 South Bascom Ave., Suite 2011
San Jose, CA 95128

Bay Area Peer Support Groups and Agencies

Alameda County

East Bay Head Injury Peer Group
Rockridge Library
5366 College Ave.
Oakland, CA 94611
Bi-weekly mtgs. at 6:30 p.m., Call
Dr. Pamela Paradowski: 510-433-9955

Eden Hospital Stroke Support Group
Eden Hospital (Castro Valley Rm.)
20103 Lake Chabot Rd.
Castro Valley, CA 94546
4th Thursdays at 7:00 p.m. Call to
confirm meetings. Call Sylvia
Dawson or Liz Whittaker CCC:
510-889-5064 ext. 3

Support Group for Family/Friends
Alta Bates Summit Medical Center
Herrick Campus
2001 Dwight Way
Berkeley, CA 94704
2nd & 4th Thursdays at 6:30-8:00 p.m.
Call (510) 204-3307 for more info

Monterey County

Brain Impaired Support Group
Salinas Valley Memorial Hospital
450 E. Romie Lane
(Board & Inservice Room)
Salinas, CA 93901
4th Thursday 6 p.m. to 7:30 p.m.
For info contact Lucy Ojeda at
831-424-4359

San Francisco County

Brainstorm
(Survivor Socialization Group)
RCH, Inc.
207 Skyline Blvd.
San Francisco, CA 94132
Monday 10 am - 4 pm
Tuesdays & Thursdays at 1-5 p.m.
Family Support Group meets twice a
year. Call Cindy Blackstone to confirm
dates and fees: 415-665-4100 x1252

San Francisco County (cont.)

Head Injury Support Group
Independent Living Resource Center
649 Mission St. 3rd Floor
San Francisco, CA 94105
Every Wednesday at 1:00 to 2:30 p.m.
Please call first. Cheryl Price: 415-543-
6222.

Santa Clara County

Services for Brain Injury
Services for Brain Injury (SBI)
667 Chapman St.
San Jose, CA 95126
Call for information & details.
Patricia Sanchez: 408-295-4119

Caregiver Spousal Support Group
Cypress Senior Center
403 S. Cypress Ave.
San Jose, CA 95117
4th Tuesdays at 7:00 p.m. to 8:30 p.m.
Penny Hogg PhD: 408-291-1125.
Co-sponsor: Rehab Research Center
for TBI & SCI

Mild Traumatic Brain Injury
Support Group
Cypress Senior Center
403 S. Cypress Ave.
San Jose, CA 95128
2nd & 4th Tuesdays 7 p.m. to 8:30 p.m.
Call: 408-295-9896 ext. 12: Sponsor:
Rehab Research Center for TBI & SCI

V.I.P. (Very Important Patient)
Support Group
2nd Center Day Room at
Santa Clara Valley Medical Center,
San Jose, CA 95128
4th Wednesdays 7 p.m. to 8:30 p.m.
Call: 408-295-9896 ext. 12: Sponsor:
Rehab Research Center for TBI & SCI

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Santa Clara County (cont.)

Peer Support Group
Silicon Valley Independent Living
Center (SVILC)
2306 Zanker Rd.
San Jose, CA 95131
Every Monday and Friday a support
group for women with disabilities.
Every Wednesday for individuals with
disabilities. Fee may be required.
You must call before attending.
Call Kris Knudsen: 408-894-9041 x205

Stroke/Brain Injury Support Group
Saint Louise Regional Hospital
9400 No Name Uno (Board Room)
Gilroy, CA 95020
Last Wednesday of every month
from 6 p.m. to 7:30 p.m.
Sponsors: The Rehab Place of Morgan
Hill and St. Louise Regional Hospital.
Call Carol Hughes at 408-683-9325

San Ramon

Head Injury Support Group
Harvey Chiropractic
2610 Crow Canyon Rd.
San Ramon, CA 94583
4th Thursdays from 7:30 to 9 p.m.
Call ahead to confirm dates.
Call JoAnn Swift 925-443-4366
or Cell (925) 890-9926

Santa Cruz County

Head Injury Survivors Group
Contact Christi Bricknell or Thom
Onan at the Central Coast Center for
Independent Living at (831) 462-8720.
Three New Options brain injury sup-
port groups each month. Call for info.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Talking Heads tip: You are advised to call before attending a meeting. Group or agency information is on page 3.</p>					<p>1 SVILC Women's Group</p>	<p>2</p>
<p>3</p>	<p>4 Brainstorm SVILC Women's Group</p>	<p>5 Brainstorm</p>	<p>6 SF-Head Injury Group SVILC Group</p>	<p>7 Brainstorm</p>	<p>8 SVILC Women's Group Redwood Caregiver Conference (See page 7)</p>	<p>9 SBI Auction Gala Call (408) 291-2522</p>
<p>10</p>	<p>11 Brainstorm East Bay Head Injury Group SVILC Women's Group</p>	<p>12 Brainstorm MBI Group New Options</p>	<p>13 SF-Head Injury Group SVILC Group</p>	<p>14 Brainstorm Alta Bates Summit Groups</p>	<p>15 SVILC Women's Group</p>	<p>16</p>
<p>17</p>	<p>18 Brainstorm SVILC Women's Group</p>	<p>19 Brainstorm New Options</p>	<p>20 SF-Head Injury Group SVILC Group Bowling Night (HIRLN)</p>	<p>21 Brainstorm</p>	<p>22 SVILC Women's Group</p>	<p>23</p>
<p>24</p>	<p>25 Brainstorm SVILC Women's Group</p>	<p>26 Brainstorm Caregiver Group East Bay HI Group MBI Group New Options</p>	<p>27 SF-Head Injury Grp SVILC Group The Rehab Place Grp VIP Group</p>	<p>28 Alta Bates Groups Brainstorm Eden Hospital Grp San Ramon Group Santa Cruz Group</p>		



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10	11 Brainstorm SVILC Women's Group	12 Brainstorm MBI Group New Options	13 SF-Head Injury Group SVILC Group	14 Brainstorm Alta Bates Summit Groups	15 SVILC Women's Group	16
17	18 Brainstorm SVILC Women's Group	19 Brainstorm New Options	20 SF-Head Injury Group SVILC Group	21 Brainstorm	22 SVILC Women's Group	23 Musical Night Joseph & the Techn. Dreamcoat (HIRLN) (408) 267-0220
24	25 Brainstorm SVILC Women's Group	26 Brainstorm Caregiver Group MBI Group New Options	27 SF-Head Injury Grp SVILC Group The Rehab Place Grp VIP Group	28 Alta Bates Groups Brainstorm Eden Hospital Grp San Ramon Group Santa Cruz Group	29 SVILC Women's Group	30
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Event Minder: Things You May Not Want to Miss...

Brain Injury Awareness Week: March 11-17, 2002

Brain Injury Awareness Week is an international effort organized by the Dana Alliance for Brain Initiatives, <www.dana.org>, to advance public awareness about the progress, promise, and benefits of brain research. What will you do to commemorate Brain Injury Awareness Week? The website has some suggestions, you may even want to join Dana's campaign!

Caring for Them, Caring for You A Traumatic Brain Injury Conference Friday, February 8, 2002 at Napa, CA

This conference is geared towards persons with TBI, families, caregivers, and professionals. The conference includes the following presentations:

- Avoiding Guilt and Burnout 101: Taking Care of the Caregiver, *Dan Mayclin, PhD*
- Creating Effective Reward Systems After Acquired Brain Injury: Building Achievement Through Successes, *Michael Howard, PhD.*
- TBI Rehabilitation: Adding Years to Life and Life to Years, *Corby Kessler, MD*
- Current Management & Outcome of Acute Head Injuries, *Lawrence Shuer, MD.*

The conference is sponsored by the Redwood Caregiver Resource Center, Adult Day Services of Napa Valley, Brain Injury Association of California, Community Resources for Independence, and the North Bay Regional Center. Cost is \$10 for persons with TBI and family caregivers, \$25 for professionals requesting CEUs. It is requested that you register by January 31, 2001. For more information call Patty or Marsha at (707) 542-0282 or (800) 834-1636.

HIRLN is Stepping Out Join them for Recreational Outings

Not to be missed! The Head Injury Recreation and Leisure Network (HIRLN) announces the following activities:

- Bowling Night, Wednesday, February 20, 2002
Location and time to be announced
- Musical Night (Joseph and the Technicolor Dreamcoat) Saturday, March 23, 2002
Location and time to be announced
- Dinner and Movie Night, Wednesday, April 17, 2002
Location and time to be announced

For more information contact Dan Greeley (408) 267-0200 or Teresa Flores-Lovo (408) 885-4432.



Save me the aisle seat!



Talking Heads says,
"Thumbs up"!

If your event isn't listed here, and you would like it to be, please email Talking Heads at talkingheads@tbimatters.org with your event information (meeting place, times, cost, etc.)

TBI Act Update

The Brain Injury Association of America, its State Affiliates, and grassroots advocates were successful in getting TBI in as part of the FY2002 Appropriations process.

- \$6 million dollars allocated for the HRSA State Grant Program (an increase of \$1 million),
- A new program of Protection and Advocacy Systems for brain injury was funded through HRSA (\$1.5 million),
- TBI Programs will be pulled out of the Special Projects of Regional and National Significance (SPRANS) program and become its own "Line item".

For more information contact Anne Parrette Rohall (BIA of America) at (703) 236-6000, ext. 120..

Talking Heads

Talking Heads is printed by Varason, Inc. in San Jose!

Issue 28 • In a Flash

- 1 TBI State Grant
- 1 BrainWaves
- 2 Community Focus
- 3 Support Group Information
- 4 Calendars
- 7 Event Minder

Available online at:
www.tbimatters.org

Talking Heads is a collaborative publication with the following agencies:

- City of San Jose Office of Therapeutic Services
- Rehabilitation Research Center for TBI & SCI
- Services for Brain Injury

If you would like to receive **Talking Heads**, or would like to submit articles, please call Jerry Wright at (408) 295-9896 ext. 20 or email: talkingheads@tbi-sci.org

Talking Heads is partially funded by NIDRR grants H133A970018 and H133N000007. However, the contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal government.

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