

Brain Awareness Month in Texas

Together we succeed!

Raise awareness of brain injury through events, on social media and in your communities.

Get Involved

Tell Us What Your Community Is Doing

Help us showcase activities in commemoration of Brain Injury Awareness Month! Email odpc@hhsc.state.tx.us with your community's activities to be featured during the Brain Injury Awareness Month Celebration on March 6, 2018.

Order Awareness Materials

The Office of Acquired Brain Injury houses a variety of free informational materials on brain injury that you can order or download to print at home. Raise awareness in your community; order or download today, at <http://hhsc.pinnaclecart.com/brain-injury/>.

Join us on Social Media

Throughout the month of March, HHS will be posting information on brain injury. Request a toolkit from odpc@hhsc.state.tx.us to schedule your own posts, or repost what HHS shares:

- Facebook: <https://www.facebook.com/TexasHHSC/>
- Twitter: [@TexasHHSC](https://twitter.com/TexasHHSC)

Learn more

Office of Acquired Brain Injury

hhs.texas.gov/services/disability/office-acquired-brain-injury

Comprehensive Rehabilitation Services

hhs.texas.gov/services/disability/comprehensive-rehabilitation-services-crs

Office of Disability Prevention for Children

hhs.texas.gov/disability-prevention

Hope After Brain Injury

<http://www.hopeafterbraininjury.org/>

Patti Foster: Inspirational Communicator

<https://www.pattifoster.com/>

Texas Brain Injury Alliance

www.texasbia.org

Team Luke Hope 4 Minds

<https://www.hope4minds.org/>

What is a Brain Injury?

An acquired brain injury is an injury to the brain which occurs after birth and is not related to a congenital or a degenerative disease.

Impairments may be temporary or permanent and cause physical, emotional and intellectual difficulties. The term *acquired brain injury* encompasses all types of brain injuries, including traumatic brain injury, stroke, concussion and many others.

The Impact



In Texas, over 200,000 individuals sustain a brain injury each year.

The Cost

The annual economic cost of TBI in the United States is over \$76 billion. In Texas, the total annual cost of TBI is over \$6.8 billion.

The Effects

Cognitive effects: memory problems, difficulty concentrating, poor planning and judgment skills, language difficulties, and a lack of problem solving skills.

Sensory effects: altered visual and spatial perception, changes in one's sense of touch and hearing, or vision impairments.

Emotional effects: impulsivity, risky behavior, depression/anxiety, aggression or paranoia.

Physical effects: severe headaches, seizures, poor coordination and balance, slurred speech, and being unable to move

Events

6 Brain Injury Awareness Month Celebration

- March 6, resource fair 1–4:30 p.m., program 2–4:00 p.m.
- Texas Health and Human Services, Winters Building, Room 125, 701 W. 51st St., Austin
- A celebration of work done in Texas to prevent brain injuries and improve outcomes for people living with brain injury. Includes resource fair, art exhibit, stories from people with brain injuries and professionals with time to network. RSVP at <https://tinyurl.com/BIAMCelebration>.

13 Hope After Brain Injury Support Group Meeting

- March 13, 1–2:30 p.m.
- Connections Building, 8200 Anderson Blvd., Fort Worth
- Visit HopeAfterBrainInjury.org for more details.

13 Mary Lee Foundation Family Support Group and Training

- March 13, 7–8 p.m.
- 1327 Lamar Square Drive, Austin
- For questions, contact Chip Howe at 512-443-5777.

17 Hope After Brain Injury Conference: Managing Fatigue and Depression After Brain Injury

- March 17, 9 a.m.–2 p.m.
- Connections Building, 8200 Anderson Blvd., Fort Worth
- Renowned brain injury experts highlight coping strategies following a brain injury. Four continuing education units (CEUs) provided for LPC, LMFT, LCSW. Visit HopeAfterBrainInjury.org for more details.

22 Alamo Head Injury Association's Annual Brain Injury Symposium

- March 22, 8 a.m.–4 p.m.
- St. Paul's Community Center, 1201 Donaldson Ave, San Antonio
- Opportunity for community professionals to gain further education and support to work with people living with, and affected by brain injury. Six continuing education units (CEUs) available. Visit AlamoHeadInjury.org for more details.

March 2018

Sun	Mo	Tue	We	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

23 Training: Serving and Supporting Individuals with a Brain Injury

- March 23, 1:30–3:30 p.m.
- Texas Health and Human Services, Brown-Heatly Building, Room 3501, 4900 N. Lamar Blvd., Austin
- Learn brain injury basics and how it affects a person, their loved ones and their community. Understand challenges of living with a brain injury, and how you can best help people find services and supports. Visit <https://tinyurl.com/HHSC-BI-TRAINING> to register.

28 Hope 4 Minds Support Group Meeting

- March 28, 6:30–8:30 p.m.
- TexasNeuro Rehab Center, 1106 Dittmar Rd., Austin
- Please RSVP to ronda@hope4minds.org. Visit Hope4minds.org for more details.

28 Alamo Head Injury Association Support Group Meeting

- March 28, 6:30 p.m.
- HealthSouth RIOSA, 9119 Cinnamon Hill, San Antonio
- For more information, call 210-614-4323, email kelly@alamoheadinjury.org or visit alamoheadinjury.org.



Office of Acquired Brain Injury
Comprehensive Rehabilitation Services
Office of Disability Prevention for Children

