



## **Survivor Series**

The Survivor Series is a monthly lunch and learn that teaches life skills building (including emotional, social and rehabilitation skills) in an interactive program for people with brain injury or trauma and their families. This innovative education program has been designed and developed for the Brain Injury Hope Foundation and its constituencies.

Recovering and learning to thrive after a brain injury, disability or trauma is hard work. At the Brain Injury Hope Foundation (BIHF) we have created a specialized training program to help make this process easier. We want each survivor to have success after their injury. To do this we bring these trainings to survivors, family members, providers, organizations and the community to educate and encourage growth and understanding.

Below is a list of the trainings that we offer. We continue to add to this list and have trainings in development at all times. We also customize trainings for specific groups and companies nationwide. Please call us to discuss how we can help you.

### **Archeological Digging to Find Success after TBI**

This fun and interactive series will explore ways to achieve empowerment. It will help to give the survivor tools to accomplish their definition of success and dreams come true. If you attend you will also network with others to find new and innovative ways to succeed through sharing what has worked.

### **Belongingness after Brain Injury**

This training focuses on getting back to becoming an active part of the community. Discover techniques to successful employment; learn ways to interact socially in positive ways and how to locate community organizations that can lead to inclusion. This training discusses sure-fire steps to get started on social and employment belongingness in an interactive, energetic, and comfortable learning environment.

### **Better Communication Skills for the New You**

After your injury communication is different. Attend this training and learn how to overcome barriers that keep you from communicating just how fabulous and interesting you are. Find ways to customize communication improvements for the new you and create better relationships with better communication. Don't miss this information packed Survivor Series!



### **Beyond Surviving: Fatigue & Energy Management**

Unleash the power of the new you with this informative training on options to manage fatigue and ways to increase your energy. This training will cover information specific to brain injury and energy.

### **Brain Foods & Nutrition Tips for TBI Survivors--Eat to THRIVE!**

A healthy diet during the recovery from a brain injury is important and beneficial. It is recommended by experts to eat healthy foods to help the brain function as effectively and efficiently as possible. What are the recommended "brain foods?" What foods can we choose to avoid and why? Learn how to help yourself, wisely fuel your body, and make healthy choices to improve memory, recall, and energy. Samples of some brain foods will be available at this session for you to enjoy!

### **Brain Injury Treatment and Technology Panel**

Please come and participate in a conversation with our presenters who will discuss a variety of different treatments and available technology for individuals who have experienced a Traumatic Brain Injury (TBI). The list of experts will be posted on our website. Join us to hear what they have to say and bring your questions to ask too!

### **Clutter Collector? Secrets to Happiness through Organization**

Does the clutter magnet draw clutter to you? Join this training and learn organizational secrets that can empower you to live better and keep track of all those missing items. Learn how to go from being disorganized, dazed and confused to delighted and living efficiently with brain injury. Discover new ways that organization skills can bring increased happiness to your life and leave this training with a realistic organization plan.

### **Connecting for Fun**

Need to get out of the house? Want to have some fun? Attend the Survivor Series Fun Fair and Swap Meet. Enjoy talking with representatives that are all about fun and recreation. Get information from state and local governments on recreational opportunities, find out what retailers have to offer for fun, talk with representatives from organizations that are all about fun. But wait! There's more! This event will include a swap meet. So bring your equipment and fun stuff and get a deal.

### **Connecting for Wellness-Live Better**

Living a better life after brain injury means finding ways to include health and wellness into each day. Elbert Hubbard says, "If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need." This workshop will teach steps to



achieving successful wellness strategies that lead to happiness. These will include positive outlook strategies, ways to increase exercise, sleep tips and brain health. Leave with goals to accomplishing your personal wellness plan. Come join this interactive, fun training that will focus on you and your health.

### **Disclosure**

Whether one is in a social or a professional setting, the decision whether or not to disclose a brain injury is always personal and can change based on the particulars of the situation. With an emphasis on employment settings but applicable everywhere, this session will explore the advantages and disadvantages of disclosure, will examine the when-how-why factors influencing disclosure, and will offer suggestions to remove the fear associated with disclosure. Learn to compose yourself as you disclose yourself!

### **Disclosure in the Job Search Process**

While the law limits what an employer may ask about a job candidate's disability, it does not limit what a person with a disability may disclose. With the right tools and techniques, survivors and their advocates can capitalize on this by operating from a position of strength in the job search process. This session will examine the if/when/how dilemma of disability disclosure and will provide tips for maximizing the disclosure and accommodation request process for qualified survivors with disabilities.

### **Discovering Your Strengths**

We all have strengths. Discovering your strengths is the key first step toward success and getting the most out of life. Unfortunately, we spend way too much time focusing on eliminating our weaknesses instead of embracing our strengths. Focusing on weaknesses, also, clouds our vision and ability to discover our strengths. This Survivor Series shows participants how to discover their strengths, develop their strengths and use strengths to make life better. During the Survivor Series, participants will learn easy-to-do exercises to discover their strengths, learn how to begin developing strengths and how to use strengths to enhance life.

### **E-Connections through Facebook**

This training is a way for people with brain injuries and their families to connect to each other and their community via Facebook. CTAT will provide a hands-on-training to help create a safe Facebook page and be part of an ongoing discussion group for brain injury survivors. Come join us to increase your connections through the internet. <http://www.facebook.com/groups/BI survivors group/>



### **Employment - Return to Work**

Returning to work following a traumatic brain injury can be a challenging and intimidating endeavor. Learn the tools, tips, and techniques necessary to make this transition a win-win prospect for you and your employer.

### **Getting Hit, Getting Up and Moving Beyond-Keys to Re-empowerment for Survivors of TBI**

Please join us to gain a sense of motivation, inspiration, and to obtain 13 re-empowerment tools presented by someone who has been touched by a TBI incident. Our speaker was in a car accident twenty years ago while vacationing in the Bahamas. This changed her life forever - she was unable to walk and a year later discovered many of her personal challenges were due to a TBI. She has overcome many obstacles and exceeded the medical diagnosis, leading to a remarkable and inspirational story and recovery. The purpose of this presentation is to focus on ability rather than disability, and to demonstrate and encourage commitment to living one's life to the fullest and the "new and different you."

### **How to Remember, Save, and Share Memories Visually after Brain Injury**

After Brain Injury (BI), I do you worry about remembering? Here is a fun way to capture your memories and reduce the stress of how to remember them. This training will help you to create, save and share your memories easily with or without today's technology. You can create purely digital memories using Picasa (a free software program), you can create more traditional memories using scrap booking techniques or you can even combine the two methods. This training will give you ways to visually remember. So bring your photos, mementos and other items to get ideas on ways to keep your memories alive for years to come.

### **Human Resources and You**

What do employers think about employing individuals with brain injuries at their workplace? How do employers react to tricky areas such as disability disclosure and reasonable accommodation? These and other challenging questions will be discussed in this interactive session that gives you the opportunity to explore the recruitment and hiring process from the employer's perspective. Although this is not a job fair, a panel of employers representing public and private sector employment settings will review the hiring practices of their businesses and help you determine the tips and techniques to maximize your job search efforts. Attend this session to learn the best strategies for employment success!



### **Journal Writing**

Join this training to learn how journal writing at the same time of day, including affirmation can retrain your brain and increase success in your new life. This training is a way to empower yourself and create a written history of your life.

### **Living with a TBI**

Join us for a broad overview of what to expect following a traumatic brain injury. Each presentation should be customized to the target audience (ABI, MS, PTS, Veterans) and should cover the different phases of the recovery process for that audience, the timeline for recovery, the realities of recovery, available resources, and other pertinent information.

### **Managing Your Finances – An Informational Panel**

Learn from the experts on ways to handle everything financial. The experts on this panel will range from personal financial managers, mortgage and social security experts. Come with questions and leave with answers.

### **Networking: Telling Your Story: How to Frame Your New Life or Your Best Conversation**

Talking to people can be scary and intimidating. Not sure how to start a conversation or keep a conversation going? Want to socialize with other people? This Survivor Series looks at how you can develop a personal introduction, how to start a conversation with someone and keep the conversation going. The techniques presented are easy to learn. You will learn how to write a personal introduction and practice the introduction with other people.

### **Positive Attitude**

“The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, and thus can change the outer aspects of their lives.” This quote by William James encourages each of us that we have the ability to do anything through the power of choosing to be positive. Come discover ways to increase the positivity in your life after brain injury.

### **Positive Healthy Relationships**

Tired of relationships according to Valentine’s Day cards? This BI Survivor Series will concentrate on building healthy, *realistic* relationships. It will be an overview of ways to make a good first impression as well as long term relationships with people who will encourage you to succeed. Come join us and try out ways to make new friends.



### **Recreations for the New You**

What is available for fun and entertainment in Colorado? Join this training to find out the new, the free, and the fascinating. Then create goals that will help to achieve a new level of fun for the new you.

### **SSDI**

Let's Solve the SSDI Puzzle

Often anything to do with Social Security Disability Benefits seems like an impossible to solve puzzle. This goes for the Social Security Disability Insurance (SSDI) program that is part of the Social Security System. The SSDI puzzle can be solved if you know a few tips, techniques and tricks to solving the puzzle. This Survivor Series looks at the key information needed to apply for benefits, how to get SSDI benefits approved and what a person needs to keep SSDI benefits.

### **Survive the Economy**

Is the recession over? Maybe a double dip recession on the horizon? Who knows? Whatever is in the future this economy is tough to survive. Join our expert financial panel as they provide useful and up-to-date tips on surviving today's economic climate. Our panel of experts helps you discover how to get the most out of your money.

### **Surviving the Holidays: Reducing Stress/Anxiety**

This presentation will provide practical tips about managing the blues and the inevitable stress of the holiday season for people with brain injury and other cognitive disabilities. Special emphasis will be placed on promoting wellness with a guide for managing the ups and downs of the season.

### **Survivor Success Stories-Living a New Dream**

Lives change after brain injury. Many ask, "What now? What's next? What can I do with my life? What kind of work and life is in the cards for me at this time?" Join your peers who have created "the new me" and wish to share what they have created and how they did it.

### **The ADA and TBI: Rights and Responsibilities**

The Americans with Disabilities Act (ADA) of 1990 and the ADA Amendments Act of 2009 have been a source of confusion and frustration for individuals with brain injuries. This session will identify the key principles of the ADA, with a special emphasis on who is covered by these laws, how to exercise one's rights under these laws, and whether brain injuries are included in the broader category of disability under the law. Come and learn the power of the civil rights protections of ADA!



### **The World of the Entrepreneur**

Take a peek into the fascinating world of entrepreneurs. This informative Survivor Series answers basic questions about becoming an entrepreneur. Participants will also have the opportunity to meet real world entrepreneurs. Get answers to basic questions about becoming an entrepreneur such as:

- Should I become an entrepreneur?
- Is starting a business difficult?
- What are the advantages of being an entrepreneur?
- What are the drawbacks of being an entrepreneur?
- What type of business should I start?
- What are the first steps in becoming an entrepreneur?

Don't miss this opportunity to get informed on entrepreneurship and how to get started.

### **Transportation Options**

Whether it's for business or pleasure, traveling from place to place may be more challenging following a brain injury, but it's far from impossible. This session exposes you to a sample of transportation alternatives, how to access them, their eligibility criteria and boundaries, and everything else you need to know about getting from here to there. Re-connect with your community by learning different ways to get around!

### **Volunteering**

Have you ever considered what volunteering can add to your life? Plan to attend this energetic and interactive panel that will explore the value of volunteering as a method to add meaning to your life while giving back to the community. Learn the benefits of enhancing your social network and developing vocational skills from individuals who are volunteering as well as those who recruit volunteers.

### **Walkabout: Putting some Pizzazz in Your Adventure**

No matter what happens life is a grand walkabout. You can't always choose the destination but you can make many decisions about the journey. This Survivor Series looks at how you can put some extra pizzazz into your daily walkabout. It's easier than you may think to mix things up in life and create a walkabout that is fun and adventurous.

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