

Alabama Head Injury Foundation



2022

Annual Report

www.ahif.org

Message from AHIF Executive Director

Dear Friends,

The year 2022 finally gave us the proverbial “light at the end of the tunnel” for COVID-19. In doing so, however, it also brought its own set of challenges. Like so many other organizations across our state and country, AHIF was faced with choices and decisions. There were numerous programs that we put on hold during the time of COVID, and there were also valuable lessons we learned of how we could better deliver programs and services that we only learned because of COVID.



Scott Powell
AHIF Executive
Director

How does an organization blend these two realities into one? How do you bring back the practices of the past that need to come back, and also integrate the lessons you learned that sometimes there might be a better way of doing things? AHIF has worked diligently, through its Board of Directors and staff, to find that “sweet spot” and incorporate it into its strategic planning not just for FY’23, but for its long-term future as well.

AHIF was able to use a combination of in-person and virtual contact to provide direct services to **1,066** TBI survivors and caregivers in Alabama in FY’22. Of these, **178** were new clients made possible by the strong referral channels AHIF has developed, that remained consistent throughout the COVID pandemic. Demand remains strong for AHIF’s counseling services, and our ability to provide tele-counseling allowed us to provide counseling therapy to more than **55** clients through more than **800** hours of free counseling. Our respite care program continues to face challenges due to limited staffing of partner agencies in certain areas of our state, and the effect of inflation on the cost of providing these respite care services, but we were still able to provide **36** families with more than **2,000** hours of free respite care. Thankfully, we were able to return to in-person TBI Camps and Bright Ideas TBI Camps, and introduced our new TBI ID Card program, which has provided free TBI ID Cards to more than **50** AHIF clients.

AHIF continues to embrace Zoom as a delivery method for both client and caregiver support groups. In FY’22, AHIF provided more than **135** Client Support Groups with a total attendance of more than **3,240**. AHIF also provided **60** Caregiver Support Groups with more than **250** in total attendance. AHIF also brought back several of its in-person support groups, and will continue this process throughout FY’23.

As I look back on FY’22, I continue to seek silver linings in an otherwise challenging time of an international pandemic. I find it in the ability of AHIF, in a time of great uncertainty, to actually expand its programs and services in a time when our clients needed us most. I also find it in the opportunities these new offerings provided us, as the staff of AHIF, to get to know more of our clients and caregivers personally, and to form stronger connections that will ultimately allow us to serve them better. I also remain amazed at the resiliency of the clients we serve, and their caregivers, whose perseverance, optimism and strength of character are an inspiration to me each and every day.

Thank you!

A handwritten signature in black ink, appearing to read "Scott Powell". The signature is written in a cursive, flowing style.

Mission

Our mission is to improve the quality of life for survivors of traumatic brain injury and for their families.

Vision

We envision a state where traumatic brain injury is prevented when possible, and fully understood and supported where not.

Programs and Services

Support Services

AHIF used its network of seven Support Specialists across the state to check on existing clients, to help stabilize the lives of newly injured individuals transitioning home, and to meet the long-term needs of TBI and SCI survivors as they adjust to their new reality of living with the effects of a TBI and/or SCI.



An AHIF Support Specialist worked to get this ramp built for a client

Respite Care

In a time when family and friends who typically try to help were not able to, AHIF's respite care program stayed active and gave caregivers a brief break, even if just to sleep or step outside, during a time of social distancing and quarantine when it was otherwise difficult to find. AHIF partners with home health agencies across the state to cover as much of the state as possible to provide free respite care to caregivers in the form of vouchers for service.

Mental Health Counseling

In 2022, AHIF promoted Katie Beaugez to Director of Counseling Programs for AHIF. AHIF brought two counseling interns on-board in early 2022, Miguel Torres and Kathryn Looney, both from the University of Montevallo. AHIF also continues to utilize AHIF staff Chandraia Whitted, Jenn O'Dell-Miller and Bethany Leonard within its counseling program as well.



Recreational TBI Camps

AHIF provided three recreational camp opportunities in 2022. AHIF is grateful to Encompass Health, whose generous support makes AHIF camp programs possible.



Camp ASCCA Weekend Camp – March 2022

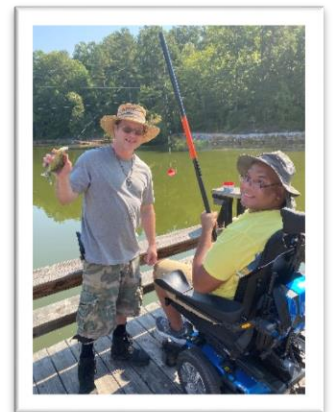


AHIF welcomed campers to beautiful Camp ASCCA in March for a weekend camp, with an “AHIF March Madness” theme. Campers enjoyed archery, the zip line, arts and crafts, and of course the annual AHIF Karaoke Night!



Camp ASCCA Week-Long Camp – August 2022

AHIF again welcomed campers to Camp ASCCA, this time for a week, with an “AHIF Luau” theme. Campers again enjoyed archery, the zip line, arts and crafts, pool time, and of course the annual AHIF Karaoke Night!



Camp McDowell Weekend Camp – October 2022

AHIF again welcomed campers to Camp McDowell on a picture perfect October weekend for arts and crafts, a tour of the petting zoo and working farm, and a bonfire complete with costumes and ghost stories!



Recreational Support Groups

Throughout 2022, AHIF offered 2-3 Zoom Support Groups per week. AHIF adopted a monthly theme to provide some structure to the meetings, but continued to blend fun activities, socialization opportunities, and educational programs into its on-line support group model.



Travel Around the World in 8 Days – During the month of June, AHIF took clients on a month-long vacation, visiting 8 different locations over the month. These included Ireland, Brazil, Kenya, the United Arab Emirates, Australia, Japan, Hawaii and Alabama.

- AHIF mailed every client a vacation package that included a passport as well as souvenirs from each destination
- We heard music, saw famous landmarks, learned about food and customs, and even took drone tours of the scenery



University Partnerships – AHIF continued its special partnerships with universities in 2022.

- UAB’s OT students facilitated more than 30 Zoom support groups throughout 2022
- University of South Alabama’s Psychology program students Jasmine and Vasilios facilitated multiple support groups during 2022
- Tuskegee’s OT students started facilitating monthly support groups in Fall 2022
- UA Nutrition student Erin started a healthy snack support group series
- Auburn University Kinesiology student Daisy provided multiple Zoom Zumba lessons

Recreational Sessions – AHIF provided numerous sessions that, although they also had a deeper purpose, offered the chance to interact and just have fun!

- Harry Potter and Disney Escape Rooms
- Pictionary
- Lip Sync Challenge
- Karaoke Contest
- May the 4th Be With You
- Jeopardy
- The Price is Right
- Personalities



Brook McGinnis led clients through art projects in 2022

In Person Support Groups – AHIF was also able to bring back its Calhoun, Jefferson, Mobile, and Randolph County In-Person Support Groups. AHIF will be bringing more in-person support groups back on-line in 2023, and it is wonderful to have these groups back and to visit with friends in person!



AHIF In-Person Support Group in Roanoke, AL



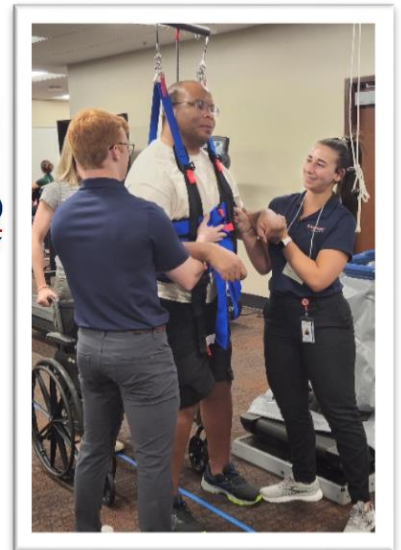
Bright Ideas TBI Camps

AHIF was able to provide **five** Bright Ideas TBI Camps in 2022. These unique, therapy-based camps are a creative blend of interdisciplinary learning for students coupled with actionable strategies and recommendations for both TBI survivors and their caregivers of how to continue on their path to recovery, even if their injury occurred several years ago. Collectively, these camps reached **68** TBI survivors across Alabama and **61** caregivers. But, the most important number might be the **441** students, all who are moving toward careers in healthcare and/or rehab, who gained experience and a passion for working with the TBI population.

Auburn/Tuskegee Bright Ideas TBI Camp – April 7-9, 2022



Samford University Bright Ideas TBI Camp – July 21-23, 2022



University of South Alabama Bright Ideas TBI Camp
 – June 29 – July 1, 2022



USA UNIVERSITY OF SOUTH ALABAMA

University of Alabama Bright Ideas TBI Camp
 – July 19-21, 2022



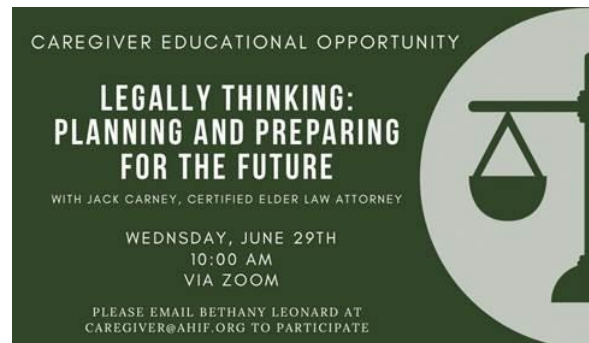
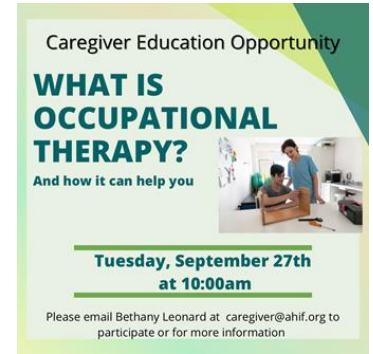
Lakeshore Foundation Bright Ideas TBI Camp
 – September 7-9, 2022



Caregiver Support Programs

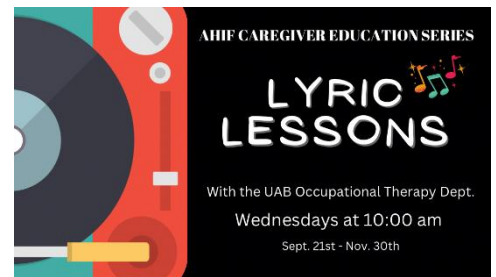
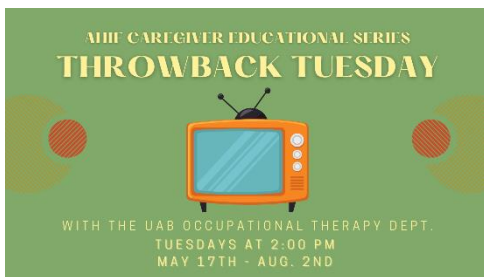
Caregiver Support Groups

AHIF began a recurring Caregiver Support Group through Zoom, specifically designed to connect caregivers of TBI survivors so they can share and learn from one another, and also from AHIF staff and special guests. The groups meet on the first and third Tuesday of each month, with additional special educational sessions as available.



Caregiver Education Sessions

AHIF also expanded its relationship with the UAB Occupational Therapy program to provide three "Education Series" in 2022. The students have used themes of candy bars, throwback television shows and music lyrics to share 10 sessions per series that introduce information, tools and resources to caregivers to help them in their role as caregiver.



AHIF has also recorded the UAB OT sessions, along with other educational programs, to offer on the AHIF website, www.ahif.org. If you are interested in attending an AHIF Caregiver program, please e-mail us at caregiver@ahif.org.

"AHIF has been a total lifesaver for me and my loved one. I am so grateful for all of you who actually understand TBI and the role of Caregivers in this major life change for both of us. I am eternally grateful for all of you and the amazing support we receive!"

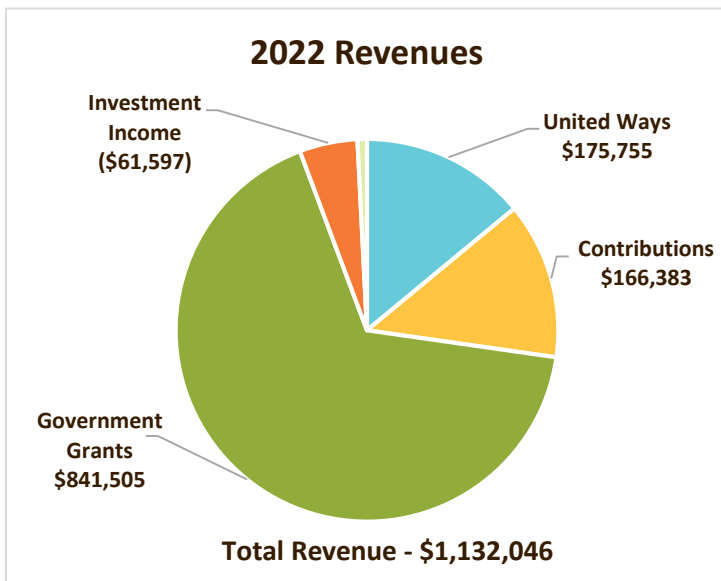
- AHIF Caregiver

Resources & Financial Management

AHIF has always maintained a very low administrative rate, but by applying lessons learned through the COVID pandemic, AHIF has lowered this rate to **5.6%**. This is a demonstration of our commitment to making sure gifts made to AHIF are utilized efficiently and effectively to help those we are privileged to serve across our state.

Revenues and Expenses

The charts below represent the sources of revenue for AHIF in FY'22 and the use of expenses by AHIF in FY'22. The loss in investment income is due to the unexpected stock market volatility in 2022.



Sources of Revenue

AHIF is thankful for the grant support, individual contributions and corporate giving that allowed it to continue providing its programs and services in an extremely uncertain environment both during and now on the heels of the COVID pandemic. AHIF is specifically thankful to the The Hill Crest Foundation and The Daniel Foundation for their support of AHIF's growing counseling program.

AHIF is a proud partner agency of the **United Way of Central Alabama**, **United Way of West Alabama**, and **United Way of Lee County**. We are deeply thankful to these United Ways for the work they do in supporting agencies across the state. When you support your local United Way, you are making possible the essential programs and services that AHIF provides in your local community.

United Way
Partner Agency



Exciting Partnerships in 2023

AHIF Partners with UAB's Spain Rehab Center and Lakeshore Foundation on Milestones Project

Spain Rehab Center, Lakeshore Foundation and AHIF are proud to partner together on the Milestone Project. The Milestone Project is designed for Spinal Cord Injury survivors to access, all at the same time, rehab services such as OT, PT and Speech, community based fitness and wellness and a connection to a Support Specialist who works in the survivor's area of the state and can help survivors identify and connect to local resources they might need to live an active healthy life.



AHIF Partners with Tuskegee University on Research Project

AHIF is proud to partner with Tuskegee University and its School of Nursing and Allied Health to develop a program and coordinate on a research grant to expand diversity, equity and inclusion across multiple disciplines within healthcare. The program will facilitate a professional development component for students, increase enrollment diversity and promote inclusion and equality in the workplace in the Allied Health Professions.



AHIF Partners with Central Alabama Veterans Collaborative



Approximately 13% of AHIF's total caseload of TBI survivors are veterans. AHIF recognizes the unique challenges in serving this population, including the unique access to care points within the VA healthcare system. AHIF is working with partners across the state, but specifically the Central Alabama Veterans Collaborative to help reach veterans living with TBI, and offer services specifically designed for their unique circumstances.

2022 Partners Present Research at National Conferences

AHIF is excited that partners from the Samford University School of Social Work and also from the University of Alabama Department of Communicative Disorders will both be presenting research findings at national conferences in 2023. Samford University partnered with AHIF to conduct research on the effectiveness of tele-counseling with a TBI Caregiver population. The University of Alabama Department of Communication Disorders partnered with AHIF to research the effectiveness of AHIF's Bright Ideas TBI Camp model in student preparedness, the benefits of an interdisciplinary camp model, and the effectiveness in giving TBI caregivers new ideas for caring for their loved ones.



AHIF 2022 Board of Directors

AHIF is thankful for each Board Member who, throughout 2022, offered their time, passion and resources to ensure AHIF fulfilled its mission throughout the year.

Chair - Ty Brown – Marsh Rickard & Bryan Law Firm

Vice Chair - Mark Andrews – Morris Andrews Talmadge and Driggers Law Firm

Treasurer - John Gordon – Edward Jones

Mike Andrews – Beasley Allen Law Firm

Devan Byrd – Hare Wynn Law Firm

Kayla Fezell – Encompass Health

Melissa Pangelinan – University of Indiana School of Kinesiology

Michael Parker – University of Alabama School of Social Work Emeritus Faculty

Brandy Robertson – Heninger Garrison Davis Law Firm

Jack Sellers – Retired – University of North Alabama School of Social Work Faculty

Bowden Sarrett – Brownell Travel

Kim Vice – Briarwood Presbyterian Church

Cam Ward – AL Bureau of Pardons and Paroles

Derek Woessner – Hughston Clinic



John Gordon won \$2,340 for AHIF by winning the United Way of West Alabama pie-eating contest!

FROZEN!
Brain Freeze Challenge

Raising Awareness and Funding for Traumatic Brain Injuries

AHiF
Alabama Head Injury Foundation

MOOT COURT ROOM
August 30, 2022
1:30 PM

JOIN US FOR FROZEN TREATS AND MEET AHIF CLIENTS AND LEADERSHIP



Brandy Robertson with TBI survivor Graci Pennington at Heninger Garrison Davis Law Firm's annual Brain Freeze Challenge!

AHIF VS United Way Pictionary Throwdown

Melissa Pangelinan

Not only is she expecting a baby...she is expecting to destroy the other teams!

Channeling her best Ivan Drago from Rocky IV, she merely said "I must break you!"

AHIF VS United Way Pictionary Throwdown

Devan Byrd

Now that her "COVID Fog" is finally cleared...she can reassume her nickname...Devan the Lethal LawDrawer!

Her humorous take on American Gothic was very refreshing!

AHIF Board Members Devan Byrd and Melissa Pangelinan participated as "guest drawers" in AHIF's Zoom Pictionary Challenge Client Support Group!

Meet Joanna

Unfortunately, Joanna’s knowledge of traumatic brain injury stems from more than one event. Although she has sustained multiple concussions, it was a specific concussion in 2021 that changed her life. Before this event, she taught yoga for 12 years and also drove for public transportation holding a CDL-A certification. She was also in school studying for the state Master Gardener program at the time. Then came her concussion.

An Ongoing Learning Process

Following her concussion, she sustained substantial memory loss, and began showing signs of distress, both emotionally and physically. Joanna was already engaged with AHIF’s mental health counseling program prior to her most recent concussion, helping her with lifestyle choices to improve her life.

The last two years have been a learning process for all involved. Joanna experiences good days and bad days. On the bad days, which often occur weekly, she forgets her life, and has to re-remember details that she is unable to recall. She also has seizures, trouble seeing, hearing, understanding information, and struggles with balance issues as well.

Over this time period, she has seen a variety of doctors, with each visit leading to the next piece of the puzzle. But, the doctor visits did not create the support and information she would later receive through AHIF.

Joanna spent the first year after her concussion in isolation, and not wanting to interact in public. In 2022, she attended AHIF’s TBI Camp at Camp ASCCA. It was there, in the presence of other TBI survivors, that she began accepting that she actually had a TBI. And, perhaps more importantly, she realized she was not alone.



Joanna went on to attend the Lakeshore Foundation Bright Ideas TBI Camp in September 2022. The feedback the students gave her confirmed that what she was experiencing was not her imagination. And, they were able to unlock some of her memory, including her love for teaching yoga. For the first time in two years, Joanna started to feel like herself again.

Joanna attended AHIF’s weekend camp at Camp McDowell in October 2022, and while there actually led two yoga sessions for the other campers who were there. She partnered with another TBI survivor, and yoga instructor, to lead the programs. Joanna currently lives with her boyfriend Cade who, along with her friend Lorraine, have been there to support her each step of her TBI journey.

“Having a TBI is like an adventure, and you are the map.”
- Joanna

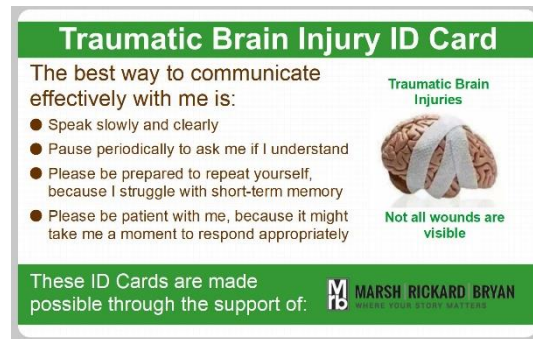
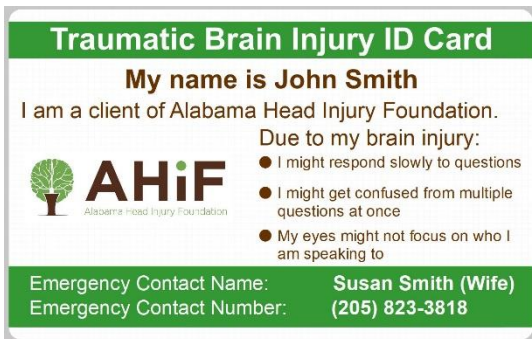
TBI Identification Cards

The Concern

Over the past three years, AHIF Support Specialists continued reporting of tense interactions described by clients with first responders, and specifically law enforcement. The scenarios were not difficult to imagine. A TBI survivor is walking along the street, and perhaps has an unusual gait as a result of their TBI. Law enforcement approaches the individual to assess their situation, looking for signs of impairment likely due to alcohol or drugs. In asking appropriate questions of the TBI survivor, the survivor pauses, feels anxiety about the interaction, or struggles to find their words, thereby increasing the belief by law enforcement that the situation is not normal...which can lead to further escalation.

The Remedy

AHIF spoke further with clients, and with law enforcement, and determined that, in most cases, it was primarily a result of miscommunication. AHIF began work on a TBI Identification Card, that TBI survivors could personalize to help notify first responders not just that they have a TBI, but specifically how the TBI might affect their interactions with others. The front of the card focuses on characteristics the survivor has because of their TBI, and the back of the card focuses on strategies the first responder can use to better and more effectively communicate with the individual.



Awareness

Although the TBI ID Cards are a wonderful start, AHIF recognizes that it is only half of the battle. If law enforcement does not know about the card, it will only partially serve its purpose. AHIF is committed, in 2023, to conduct training sessions across the state to share how to recognize TBI, how to interact with someone with a TBI, and the TBI Identification Cards.

AHIF's TBI Identification Card Program is supported and made possible through the generous support of



Administrative Staff



Scott Powell
Executive Director



Amy Eng
Program Director



Donna Huckestein
Bookkeeper

Meet Our Staff

Program- Specific Staff



Chandraia Whitted
Camp Coordinator



Nicole Asbill
Support Group
Coordinator



Katie Beaugez
Director of
Counseling



Bethany Leonard
Caregiver
Programs



Janet Massey
Respite Care

New Client Support Specialists



Briana Reed
North Alabama



Jenn O'Dell
Central Alabama



Cindy Woodcox
South Alabama



Cynthia Powell
New Client
Specialist

Long-Term Client Support Specialists



Marilyn Davis
North Alabama



Pat Motley
Central Alabama



Aimee Lott
South Alabama

Volunteer and Donate

AHIF never charges for any of the services it provides, and thus relies on the generosity of individuals, businesses and foundations to provide the array of support services it does. We are deeply grateful for this support. If you would like to support AHIF, please consider the following ways you can help:

Help Us Do More With 84

Consider the impact that a gift of \$84 can have to the clients AHIF serves.

- It can provide **4 hours** of respite care to a caregiver in desperate need of a break.
- It can provide **3 hours** of mental health counseling to a TBI survivor or a caregiver, struggling with the emotional impact of living with a TBI
- It can provide equipment identified in a Bright Ideas TBI Camp for clients to utilize at home to enhance their quality of life.

Please consider joining our **Brain Trust**, a group of annual supporters giving at least \$84 to AHIF. You can go to www.ahif.org, and click on the “Help Us Do More with 84” tab on the homepage to set up a recurring monthly contribution of \$7 or more, and make possible one or more of the programs mentioned above. You can also mail your gift to the following address:

**Alabama Head Injury Foundation
500 Chase Park South Suite 130
Hoover, AL 35244**



Donations made possible the purchase of this leg brace for Mike following a Bright Ideas Camp

Other Ways To Help

There are other, easy ways that you can help AHIF. Please consider using AmazonSmile when you shop online at Amazon, and Amazon will donate 0.5% of what is spent to AHIF when you select AHIF as your charity of choice. Donations of Amazon Gift Cards are appreciated to help fill the requests from our clients for much needed personal care items and durable medical equipment. An Amazon gift card can be send directly to AHIF at info@ahif.org.



You can also use your Facebook page to hold a fundraiser for AHIF, perhaps as part of your birthday celebration. For more information about this, or other ways you can support AHIF, please call our office at (205) 823-3818 or e-mail us at info@ahif.org.



Volunteer and Help Make a Difference

Please visit our website at www.ahif.org and fill out the volunteer form if you would like to volunteer at an AHIF support group, camp or with AHIF in some other way.



AHiF

Alabama Head Injury Foundation

Connect With Us!



www.ahif.org

(205) 823-3818 | info@ahif.org

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