

AHIF Expands Its Bright Ideas TBI Camp Model

AHIF was pleased to provide three Bright Ideas TBI Camps in Summer 2019, partnering with Samford University, The University of Alabama, and the University of South Alabama.

More than 80 campers and caregivers total attended these camps. The camps were developed for survivors who are 3+ years removed from their injury to allow students in a variety of academic fields to work with our clients and caregivers to identify new ideas, exercises, services or strategies to continue adjusting to life following a traumatic brain injury.

Students from physical therapy, speech therapy, occupational therapy, social work, kinesiology, audiology, art therapy, music therapy, nursing and nutrition took part in the multi-day camps.



Above: UA Nutrition/Dietetics students with UA professor Dr. Joy Douglas

Right: Music Therapy students with campers

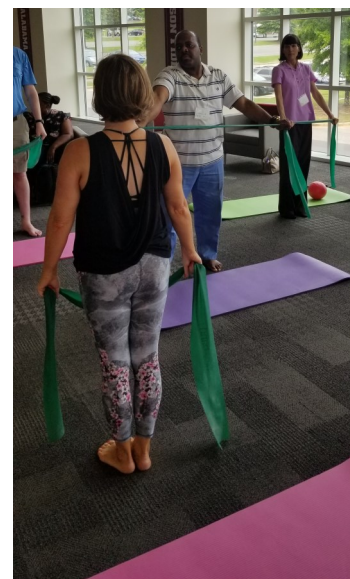


The University of Alabama Bright Ideas TBI Camp was held June 11-13, 2019, and introduced art, music and speech therapy to camp attendees. Four UA students in nutrition discussed individualized nutrition plans with clients and caregivers. Each day, campers also took a bus to the UA Adapted Athletics facility to engage in strength conditioning as well as flexibility and relaxation through an area yoga instructor.

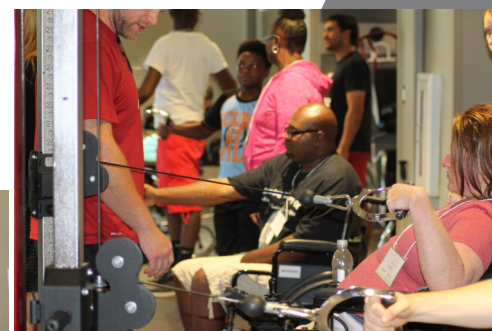
The camp itself was held each day in the beautiful Capstone College of Nursing Building. In addition to the therapy, exercise and nutrition, lunch speaker Dr. Rachael Mumbower discussed methods for improving the sleep habits of TBI survivors and Johns Hopkins University nursing researcher Dr. Tamar Rodney spoke about trauma-informed care for survivors of TBI.



BRIGHT IDEAS
TBI CAMP



Yoga Instructor Kim Wyatt working with Campers



Strength and Conditioning at Adapted Athletics Arena



A note from AHIF Executive Director Scott Powell

I once read a quote where someone said “I will not allow yesterday’s success to lull me into today’s complacency, for this is the great foundation of failure.” Every day AHIF encounters TBI survivors and their caregivers, and hear of their continued fight and drive to continue recovering from their injury. It serves as a continued reminder, each and every day, that these brave survivors and committed caregivers deserve our best each and every day, and our commitment to never settle and say “we have done all that we can do,” because we can always strive to do more. Five years ago, when I came to AHIF, we were financially only able to offer one recreational weekend camp to our clients. In 2018, we expanded that back to the week-long format from the past, and added our first Bright Ideas TBI Therapy Camp at Samford University. In 2019, we added two additional Bright Ideas Camps, and now in 2020 we are looking at a week-long and two weekend recreational camps, and six Bright Ideas TBI Camps. We have grown the number of Recreational Support Groups to 15, and have recently introduced a pilot program of Mental Health Counseling vouchers. It is indeed an exciting time for AHIF and our programs and services, and we are deeply thankful to those whose support has made this expansion possible, but also want our clients and caregivers to know that we are NOT done growing our programs, and look forward to continuing to offer more opportunities for growth and recovery to our clients and caregivers across the state. If you are interested in learning how you can help, please contact us at info@ahif.org or call us at (205) 823-3818.

AHIF Montgomery Regional Board hosting 5th Annual AHIF in the Alley

AHIF will hold its 5th Annual AHIF in the Alley with a Murder Mystery Dinner on October 24, 2019 at Alley Station in Montgomery.

Tickets are \$40

each and are available through Eventbrite or by visiting the AHIF website at www.ahif.org. We hope you will join us for this evening of mystery and intrigue all in support of AHIF’s programs and services in the River Region.



AHIF Birmingham Regional Board members promote head safety at Jefferson County summer camps

AHIF Regional Board members Erica Lopez and Devan Byrd joined AHIF to read and share safety tips to Jefferson County Schools summer camps across the county.



Regional Board members Erica Lopez (above) and Devan Byrd (below) reading to students



AHIF loses Moon Pie Eating Contest but still wins!



When United Way of West Alabama’s Young Leaders Society announced a winner of this year’s Moon Pie Eating Contest, AHIF Executive Director Scott Powell lowered his head (again) as he lost his fourth such contest in a row. When this year’s winner, John Gordon, was interviewed after his victory, he announced he had selected AHIF to be the recipient of the \$2,400 of prize money associated with this event! Mr. Gordon had a strong family connection to spinal cord injury and wanted to support the work that AHIF was doing in the community.

We are deeply thankful to Mr. Gordon for his support, and also excited that he has now joined our Board of Directors!



John Gordon and Scott Powell

“Alexa, please remind me to share this TBI success story”

AHIF was pleased to welcome TBI survivor Darius, along with his girlfriend and mother, to our Samford Bright Ideas TBI Camp this summer. While at camp, one of the challenges Darius identified was trying to remember things he wanted to do throughout the day.

Community partners made it possible to provide each camp attendee with an Amazon Fire Tablet as part of attending camp, and one of the Speech Therapy students had the idea that an Amazon Echo Dot could actually help serve to help Darius remember his daily “to-do” list.

AHIF took advantage of Amazon Prime Day and purchased an Echo Dot for \$24.99 just four days after camp was over. About a week and a half later, AHIF staff and the Samford student were able to hand deliver the Echo Dot to Darius in his home, and get Alexa set up to provide daily reminders to keep him on schedule.

AHIF was also able to purchase and deliver a set of bedrails to another AHIF client who is now able to roll herself over and rely less on her caregiver for this small, but so very important, daily activity.



Samford and AHIF delivering Echo Dot to Darius

AHIF is deeply thankful to the Robert Meyer Foundation, Daniel Foundation of Alabama, and Community Foundation of Greater Birmingham for making these Bright Ideas Camps possible.



Through your use of Amazon Smile, AHIF has received more than \$291 just by everyday shopping at Amazon!

AHIF holds annual week-long TBI Camp at Camp ASCCA



Alabama Head Injury Foundation is deeply thankful to Encompass Health for providing the funding of our annual TBI Camp at Camp ASCCA. Despite a very hot August week in Alabama, we welcomed campers and their buddies to beautiful Jackson's Gap, AL for a week of ziplines, slides, inner tubes, music, games and fellowship.

AHIF returned to our week-long camp program in 2018 after a long absence, and is committed to providing another week-long camp in 2020. However, AHIF has also listened to its clients across the state

and recognizes that not everyone can attend a week-long camp. Therefore, AHIF is pleased to announce that we will add two weekend camps in 2020, one at Camp ASCCA in the spring and one at Camp McDowell in the fall. Stay tuned for more information about these exciting camp opportunities!



Student volunteers from Alabama State University



Zip-lining at Camp ASCCA



Celebrating the Rodeo Round-Up at TBI Camp!

Bright Ideas TBI Camp



The University of South Alabama Bright Ideas TBI Camp was held July 17-19, 2019. Students from Physical Therapy, Speech Therapy, Audiology, Nursing and Mental Health Counseling worked with TBI clients and caregivers from the Mobile area. Additionally, the camp offered music therapy and a nutrition presentation as well as an art therapy class taught by Alabama Family Respite Network.



Above: Samford Speech Therapy students help a non-verbal AHIF client use an Amazon Fire Tablet as a communication device



Left: Samford Speech Therapy student assesses a TBI survivor



Above: Music Therapy at USA Camp

Right: USA Physical Therapy students work with a TBI survivor



Samford University held its 2nd Annual Bright Ideas TBI Camp July 10-12, 2019 at their College of Health Sciences. Students from Physical Therapy, Speech Therapy, Nutrition, Social Work and Nursing joined occupational therapists from the local area to work with survivors and caregivers over the three day camp. Train Your Brain Yoga and Lakeshore Foundation also presented over lunch.

AHIF planning six Bright Ideas TBI Camps in 2020

AHIF has confirmed four Bright Ideas TBI Camps for 2020, and will likely confirm two more in the next two months, offering six of these unique camp experiences next year. The universities we are partnering with include The University of Alabama; Samford University; the University of South Alabama; Auburn University; UAB and the University of Montevallo; and Alabama State University and Faulkner University





3100 Lorna Road Suite 203
Hoover, AL 35216
Phone: (205) 823-3818

Our Mission: *To improve the quality of life for survivors of traumatic brain injury and for their families*

Our Vision: *We envision a state where traumatic brain injury is prevented where possible and fully understood and supported where not.*

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AHIF is a proud partner of:

United Ways of Central Alabama,
Lee County, Etowah County,
Marshall County, and West
Alabama



AHIF expands its intern program for the Fall 2019 Semester

AHIF is pleased to welcome additional interns to support our programs and services in the Fall 2019 Semester. AHIF welcomes back Emily Jenkins, Social Work Intern from UAB for her second semester with AHIF. AHIF also welcomes Cassidy Clevenger, Social Work Intern from Samford University. AHIF is also pleased to welcome back Jenn O'Dell, a Rehab Counseling Intern from the University of Kentucky who spent the summer term with AHIF. Additionally, AHIF will be working with PhD candidate Robyn Feiss, a Kinesiology student at Auburn University, on policy initiatives to help prevent non-football related sports-related concussions in our state. Finally, AHIF is pleased to welcome Likhita Raparti from

UAB's Epidemiology Department, who will work with AHIF to analyze data regarding the causes and trends in TBIs across our state. We are deeply thankful to each of these students who share our passion for supporting the prevention of TBI and support for those who have sustained TBIs across Alabama.



Cassidy Clevenger



Emily Jenkins



Jenn O'Dell