



Brain Injury Alliance WASHINGTON

The **Brain Injury Alliance of Washington (BIAWA)** has published **REAP: The Benefits of Good Concussion Management**, a guide to concussion management which describes how to support safe access to educational services for students who have sustained a concussion by assembling a team of family, school physical and academic personnel, and medical providers. We are happy to be able to share this guide with you in order to encourage communication between the various team members to help students return to learn after a concussion in a safe way that promotes healing by **Removing/Reducing, Educating, Adjusting/Accommodating, and Pacing.**

We would like to take this opportunity to share with you the free services available through our organization:

- The **Washington Brain Injury Resource Line** is open from 9:00am to 5:00pm Monday through Friday at **1-877-824-1766**. Callers can receive information about Brain Injury, assistance in understanding their situation and appropriate next steps, as well as referrals to programs, organizations and professionals who might meet their needs in any domain of life impacted by the injury.
- **Pediatric Resource Management** is available in Adams, Benton, Chelan, Clark, Cowlitz, Franklin, Grant, Island, King, Kitsap, Kittitas, Lewis, Lincoln, Pierce Skagit, Snohomish, Spokane, Stevens, Thurston, Whatcom, Walla Walla, Whitman and Yakima Counties. Individualized assistance including case management and advocacy are provided to individuals with Brain Injury and their families in meeting their goals to improve their quality of life. Call the Brain Injury Resource Line for screening and referrals to this program to see if in-person services are right for you.
- **Support groups, classes and social outings** for individuals with Brain Injury and their caregivers are listed on our website at www.biawa.org.
- **Free training on Brain Injury/Concussion with clock hours**, explaining how Brain Injury may manifest, and what interventions would be more effective, is available for school administrators, teachers, para-educators, nurses, counselors, psychologists, coaches, as well as parents.
- **Brain Health & Wellness Classes** at Verdant Health and Wellness Center in Lynnwood and MultiCare Good Samaritan Hospital in Puyallup address topics such as memory, stress, goal setting, organization, writing, collage, and other aspects of living life with brain injury. Catalogs are available online, register online or call **1-877-982-4292** for the free classes. http://www.biawa.org/brain_health_wellness.php

More copies of the **REAP** and our Pediatric Resource Management brochures will be mailed to you upon request. If you know of anyone who would benefit from our services, or have an interest in a training, please feel free to contact us. We appreciate your taking the time to learn about BIAWA!

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