



Brain Injury
Alliance
WASHINGTON

Kitsap TBI Group

Supporting Traumatic Brain Injury (TBI) survivors in Kitsap
County since 1987

Dear Valued Sponsor,

We would like to take the opportunity to thank you for your generous donation to the Kitsap TBI group. Your donation will aid in the expenses incurred conducting the annual Walk, Run, and Roll for Thought and assist in the goal of breaking down barriers for those with brain injuries. The Kitsap TBI group operates as a daughter organization to the Brain Injury Alliance of Washington (BIAWA). BIAWA is a 501(c)(3) non-profit (Tax ID 91-1206800), as such donations to the BIAWA and daughter organizations are tax deductible.

Traumatic brain injury (TBI) is a worldwide health care problem. According to the CDC, in 2013, a total of approximately 2.8 million TBI-related ED visits, hospitalizations, and deaths (TBI-EDHDs) occurred in the United States. This consisted of approximately 2.5 million TBI-related ED visits, approximately 282,000 TBI-related hospitalizations, and approximately 56,000 TBI-related deaths. TBIs were diagnosed in nearly 2.8 million (1.9%) of the approximately 149 million total injury- and non-injury-related EDHDs that occurred in the United States during 2013. Brain Injury symptoms can be categorized into four broad domains: cognition, emotion, behavior, and physical. Concerns with identity and self are endemic to surviving brain injury. Recovery from brain injury can be complicated and challenging. By and large, individuals, not doctors, manage chronic disease and brain injury is no exception.

Our group has bi-monthly support meetings from January through November. The meetings are free of charge and provide attendees with educational materials and resources. Each December we celebrate the accomplishments of the year with an annual holiday party for survivors, family, friends, and caregivers. One's network of healthy support is crucial for long-term adjustment and wellness. Janice Worman has served as the single lead, advocate, and counselor with the Kitsap group for over twenty years and we cannot thank her enough for her guidance. Her work has created a community and environment for growth for both survivors and caregivers and has been acknowledged by the United States Brain Injury Alliance and the Washington State Alliance. Janice is also a recipient of the key to the City of Bremerton.

Historically, TBI resulted in misunderstandings and many times isolation. Recent developments in brain research have opened the doors to expanded rehabilitation and recovery. A conversation has been initiated on how to live one's life to the fullest. The support group focuses on the challenges of living with a brain injury as well as how to set yourself up for successes. In practicing the skills learned within the group, members have experienced doors open to brave new worlds. Several group members have been awarded the BIAWA academic scholarship and proceed to graduate with Associate to Master's degrees from Olympic College, Western University, and University of Washington.

We would again like you to know how important and appreciated your donation is to us. Local support from the Kitsap community is extremely vital to our efforts in healing as survivors but also as fellow community members. The Walk, Run, and Roll fundraiser allows us to increase awareness throughout the year. It is our HOPE and GOAL that no survivor, young or old, will have to suffer alone.

Warmest Regards,

Brain Injury Support Group of Kitsap County