



## Event Follow Up!

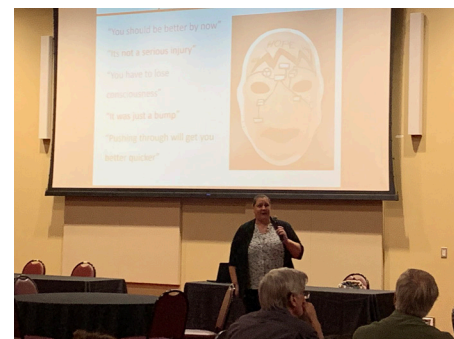
NDBIN hosted several trainings and events over the summer. In New Town, ND we held an Education Event and were thrilled to have over 50 participants hear from several speakers. Rebecca Quinn gave an overview of Brain Injury. Several community services provided information on their services-Protection and Advocacy, Community Options, Vocational Rehabilitation, Aging Services and Vulnerable Adult Protection all told us about their programs and what they have to offer for brain injury. Following that Tami DeCouteau gave a presentation regarding Trauma and the Brain.

Yoga in the Park was tried in Grand Forks on June 27 in Riverside Park. Our numbers were small but we had a great group and learned some new meditation techniques. The plan is to bring Mandy, the leader of our group to Mountainbrooke next to try her yoga and meditation with their brain injury support group.

On July 23 and 24, 2019 NDBIN hosted Certified Brain Injury Specialist Training at the Ramada Hotel and Conference Center in Fargo! Due to a generous donation from Mission:Lifeline, part of the American Heart/Stroke Association and NDBIN we were able to offer this training free of cost to 43 participants from various fields across the state. Those in attendance included nurses, social workers, Physical Therapists, Occupational Therapists, Vision specialists, and Speech-Language Pathologists just to name a few. Anne McDonnell with the Brain Injury Association of Virginia flew in to train us thanks to them being a mentor state to us and we were all enthralled with her knowledge of the brain injury world and got to listen to her charming accent over the course of the 2 days. Participants were provided with a 25 chapter textbook, a binder filled with powerpoint slides and other various resources.

A follow up webinar, quizlet, crossword puzzles, jeopardy challenges were all also shared with participants

in order to help them study for the exam that they will take on August 6. Once participants pass and become certified they are able to teach a Fundamentals course to those that work with them in their respective careers. Participants will also stay up to date on current best practices of the brain injury world as they get a journal subscription to The Journal of Head Trauma Rehabilitation as part of certification and in order to renew their certification annually they will be required to have 10 hours of brain injury certified education units. This is just one of the many ways NDBIN is helping to improve brain injury services across North Dakota!



## New to NDBIN.org

If you haven't checked out the [ndbin.org](http://ndbin.org) resource directory recently you should! We have been busy filming various survivors and providers across the state to capture their stories and what we captured can be viewed on the resource directory next to the service they provide if they are a provider. For example, Emily Wengen was recently interviewed. Emily owns Music Therapy in Motion that is located in Grand Forks and provides music therapy to North Dakotans that can benefit from music therapy. Check out Emily's video at: [www.ndbin.org/resource-directory/music-therapy](http://www.ndbin.org/resource-directory/music-therapy)

After some survivor interviews we will add them to the site as well, stay tuned for their location!

# Summit on Innovative Education

Rebecca Quinn presented at Jamestown High School on August 15 for the Governor's Summit on Innovative Education. She touched on prevalence of brain injury throughout the school system, and some ways that students can benefit from accommodations. Those in attendance were told about NDBIN and the services we offer and how we can help schools that may be struggling with students with brain injury. We can help write 504s, IEP goals; we can give training and/or tips to para educators or general education teachers on how to make students with brain injuries from mild to severe successful in the classroom.

## NDBIN and Education



### What is NDBIN?

The North Dakota Brain Injury Network is a resource center for North Dakotans that have experienced a brain injury through resource facilitation and support groups. We also work with service providers that need assistance finding the right resources for clients.

### How can we help you?

NDBIN can help teachers (general education and special education) and other related service providers in the world of education by providing technical assistance resources! We can come to you and provide trainings, tips, etc. We can assist in the development of 504s, IEP goals, para educator training, etc. All of our services are FREE!

### How do I reach out for help?

- **NDBIN.org**, and fill out the referral form
- **Call: 1-855-866-1884**
- **Contact: Carly Endres**

Outreach Coordinator, North Dakota Brain Injury Network  
carly.endres@und.edu • 701-777-8004

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# Progressive Therapy Starts Caregiver Support Group

On the first Thursday of the month from 6-7:30 pm Progressive Therapy in Fargo, ND has hosted a Brain Injury Support Group, Mind Matters. Recently they have added a new element to this group and are hosting a caregiver support group that will run at the same time on the same date. The purpose of this new group is to give family, friends, or any other kind of support person for individuals with brain injury an opportunity to share personal experiences, advice, and an understanding ear with people in similar situations. Perhaps most importantly, the purpose of this group is to help caregivers/people who are in a supportive role see that they are not alone. Jodi Hedstrom and Janet Grove opened Progressive in 2010 as they saw a need in the West Fargo area for specialized services. Since their opening they have served hundreds of patients and families with superior, quality care that goes beyond typical expectations. Caregiver support has been a topic of conversation at other support groups across North Dakota as well and NDBIN would be happy to help start a group in your area! This group is facilitated by Brynna Grimestad, Licensed Speech-Language Pathologist and Certified Brain Injury Specialist.



*from Left to Right: Jodi Hedstrom, Katina Behm, Amber Christiansen, Janet Grove, Brynna Grimestad, and Shari Gackle*

**For more information about  
social and recreational events,  
contact NDBIN staff.**

**1.855.866.1884 • [info@ndbin.org](mailto:info@ndbin.org)  
[ndbin.org](http://ndbin.org)**

# Brain Injury Support Groups

## Bismarck

Dakota Center for Independent Living – (DCIL)  
3111 E Broadway Avenue  
701-222-3636 • [www.dakotacil.org](http://www.dakotacil.org)  
4th Thursday of the month • 4:00-5:00 pm

CHI St. Alexius Health  
900 E Broadway  
701-530-6640  
3rd Tuesday of the month (*rotates w/Sanford*)

Sanford Health  
300 N 7th Street  
701-323-6616  
3rd Tuesday of the month (*rotates w/CHI*)

## Devils Lake

St. Olaf Lutheran Church  
601 6th Street NE  
Contact Nickie Livedalen 701-317-4172  
[nicole.livedalen@und.edu](mailto:nicole.livedalen@und.edu)  
2nd Thursday of the Month • 5:30-7:00 pm

## Dickinson

Edgewood Hawks Point  
1266 Signal Butte  
Contact Shannon Cook 701-260-0098  
[prairiepen@ndsupernet.com](mailto:prairiepen@ndsupernet.com)  
2nd Tuesday of the Month 7:00 pm (MT)

## Grand Forks

Altru Health System  
4520 S Washington  
701-780-2379  
Last Tuesday of the month from • 3:30-4:30 pm

Sharon Lutheran Church  
1720 S 20th Street  
Contact Rebecca Quinn 701-777-5200  
[rebecca.quinn@und.edu](mailto:rebecca.quinn@und.edu)  
Last Tuesday of the Month • 7:30-9:00 pm

## Fargo

Essentia Health  
3000 32nd Ave S  
701-364-4398  
Last Thursday of the month

Onword Together  
Hope Lutheran Church - 2900 Broadway  
Contact Nan Kennelly 701-364-5433  
[www.onwordtherapy.com](http://www.onwordtherapy.com)  
3rd Thursday of the Month • 4:30-6:00 pm

Progressive Therapy Associates  
1150 Prairie Pkwy. West Fargo  
Contact Jodi Hedstrom or Janet Grove 701-356-7766  
[info@progressivetherapyassociates.com](mailto:info@progressivetherapyassociates.com)  
[www.progressivetherapyassociates.com](http://www.progressivetherapyassociates.com)  
1st Thursday of the Month • 6:00-7:30 pm  
Mind Matters Group and Caregivers Support Group  
offered at the same time and location

Sanford Brain Injury Support Group  
1720 S University  
Contact John 701-280-4769  
3rd Tuesday of the Month • 6:30-8:00 pm

## Minot

Trinity Health  
1900 8th Ave SE.  
701-857-2449  
3rd Wednesday of the month

## MN Stroke Association

Call 763-553-0088 for more information.

**Are you interested in having a  
Brain Injury event in your area?**

*We would love to partner with you to help  
educate and promote awareness for brain injury.*

**1.855.866.1884 • [info@ndbin.org](mailto:info@ndbin.org) • [ndbin.org](http://ndbin.org)**

# Save the Dates!

## March 25-27, 2020

## Mind Matters Conference

**Ramada Inn • 3333 13th Ave S. • Fargo, North Dakota**

This two day conference is for individuals with brain injury, family members, caregivers, and professionals. It highlights new research, trends, practice strategies, and collaborative models of care. Innovative approaches and new systems of care for individuals living with brain injury are presented.

**Registration information  
coming soon**

**[ndbin.org](http://ndbin.org)**

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