



2nd Annual Living with an Injured Brain Summit

A Virtual Event to Engage You on Your *Recovery Journey*

November 9, 10, 12 and 13

[CLICK HERE TO REGISTER NOW](#)

What is This?

This Virtual Summit is an event *by* people living with an injured brain (Peers) *for* people living with an injured brain, and their family members and caregivers.

Service providers and other professionals are also encouraged to attend so as to experience the perspective of a person living with an injured brain as well as learn new information that may be helpful to you in your role.

During this Virtual Summit you will be part of the community of people who are living their **Recovery Journey** after a brain injury incident.

This Virtual Summit is being brought to you by a collaboration of Nebraska Vocational Rehabilitation (Nebraska VR), the Nebraska Brain Injury Advisory Council (BIAC) and the Nebraska Injured Brain Network (NIBN).

When?

November 9th (Monday), 10th (Tuesday), 12th (Thursday) and 13th (Friday), with a presentation each day on a **different Topic** from 9 am – 11 am Central Time.

Also, to accommodate people's schedules, each day's presentation will be recorded and re-presented **the same evening** from 6 pm – 8 pm Central Time. You can attend as many of the presentations as you'd like!

Where?

This Virtual Summit will be via the Zoom meeting platform. The same Zoom meeting link is used for all the presentations and will be sent to registrants. There is also a phone in option if you do not wish to use Zoom.

Injured Brain

Why do we say “injured brain”? As Peers we believe that a brain injury is an event that occurs, and afterwards a survivor is

living with an injured brain. We are not defined by an event, and we want to focus attention on the resources and supports we need to assist us on our Recovery Journey as we live with an injured brain.

Recovery Journey

“Recovery Journey” may be another new phrase. Each of us as a Peer is on our own unique Recovery Journey. It is

up to us to define what that means for us. As Peers, we are a person living forward-facing into the future, and not defined by an incident that occurred in our lives. For some the journey is far more challenging than for others, but we are in this together as one community. We are the Injured Brain Community, and this Summit is our opportunity to learn from each other and form new relationships and supports.

To aid us on our Recovery Journey, we need to know...

- a) ...what the main organizations are and what they are trying to accomplish;
- b) ...that we are not alone on this journey; and
- c) ...some practical tools to help us.

Our family members and caregivers also need these things, because they are on their own journey with us.

Presentation Summaries

These are the summaries of the **Topics** that will be presented on each day:

Monday, Nov. 9: An Overview of the Statewide Vision for Brain Injury Policies and Services, and the Organizations Helping to Accomplish the Vision

Learn what Nebraska VR, the Brain Injury Advisory Council (BIAC), the Brain Injury Alliance of Nebraska (BIA-NE) and the Nebraska Injured Brain Network (NIBN) are, and how they are collaborating to create more resources and supports for Peers across the state.

Tuesday, Nov. 10: Living with an Injured Brain...You are Not Alone on Your Recovery Journey

As Peers we are unique, but we are not alone. Listen to the Recovery Journeys of three Peers. Listen for what feels familiar, and recognize that people all over the state are experiencing a similar journey as yours. Come away finally feeling connected to a community that understands you and that you can contribute to.

Thursday, Nov. 12: **Coping, Managing, and Living with an Injured Brain**

Tune in to hear how some Peers have managed to cope with their injured brains and the many challenges that they encounter. Learn some new techniques that may help you. Feel validated that your hardships are shared by others. Help build the tools and resources that can be useful to others.

Friday, Nov. 13: **So, Your Loved One has an Injured Brain... The Family Member and Caregiver's Journey**

As Family Members and Caregivers, we experience a unique type of stress. We are not alone. Listen to others in the same role, and come to know that you are part of a community that needs to find and help each other.

This Summit is for all of us as Peers, Family Members and Caregivers. We hope you register for all four presentations, but it is okay if you can only attend some of them.

Submit Questions

During large webinars it is challenging to ask questions. We invite you to submit your questions ahead of time, and your questions and an answer may be shared during the presentation. (Your first name and question may be displayed.) There may not be time to answer all questions during the Virtual Summit, but all questions will be answered via email. If you have a question about one of the Topics, there is a place to submit it on the registration form or you may send it to tresa.christensen@nebraska.gov.

Learning Communities

The fun doesn't stop! After this Virtual Summit, we will host Learning Communities online (and perhaps in-person someday) to continue to learn from one another, build new relationships and supports, and increase our knowledge and skills. Each Topic will become a Learning Community that will meet virtually throughout the year, and we hope you consider participating and becoming part of the Injured Brain Community. Information about how to join a Learning Community will be presented at the end of each presentation, and be available afterwards, too.

For more information or accommodations, contact Tresa Christensen at tresa.christensen@nebraska.gov or 308-440-8000.

This project was supported, in part by grant number 90TBSG0036-03-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.