

Greater Shenandoah Valley Brain Injury Support Group

**Support Group Meetings are held
On the 3rd Wednesday of each month**
(no meeting in December)

Harrisonburg Rescue Squad Building
Tammy M. Blizzard Memorial Hall
1700 Reservoir Street (next to Sheetz)
Harrisonburg, Virginia
6:30 – 8:00 p.m.

For more information, contact:

Karen Arnold, 540.421.5610

Email: info@gsvbisg.com

Website: www.gsvbisg.com

P.O. Box 2121, Harrisonburg, VA 22801

The group organized in 2003 as a result of survivors and caregivers needing support, appropriate services, and resources.

We offer support to survivors of acquired and traumatic brain injuries. We are actively involved in promoting services to the Shenandoah Valley, while raising awareness and prevention. Our meetings are open to the public. We welcome anyone who needs or wants to know more about this “hidden disability. We invite you to join us in this very important mission.

We are dedicated to fulfilling our mission.

Monthly meetings include speakers on topics such as Music Therapy, How to Deal with Loss/Grief, Stress Management, Journaling, and other subjects of relevance to members. Other times we break into separate groups – brain injury individuals in one, and caregivers and family in another. This gives members the opportunity to share ideas, concerns, and triumphs in their daily lives.

Please visit our website for upcoming meeting information, additional background on our organization, our monthly newsletter, resources, photos of group activities, brain games, etc.



gsvbisg.com



Find us on Facebook,
Greater Shenandoah Valley
Brain Injury Support Group

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Greater Shenandoah Valley Brain Injury Support Group

*Creating partnerships for support
and assistance to rebuild lives*

Serving Harrisonburg/Rockingham County
and surrounding areas

Our Mission:

*To empower survivors of brain injury
and their families and caregivers
through support, awareness, education,
advocacy and prevention.*

Our Motto: A Challenge, A Change

A 501(c)(3) charitable organization



Nearly 200,000 Virginians may be living with a brain injury-related disability.

The “hidden disability,” brain injury is not like other injuries. The course of recovery is less predictable and brings with it complex challenges. Major causes of traumatic brain injury (TBI) are falls (35.2%), motor vehicle/traffic crashes (17.3%), struck by/against events (16.5%), and assaults (10%). Blasts are the leading cause of TBI for active duty military personnel in war zones.

The CDC estimates that 1.7 million people sustain a TBI annually. TBI is a contributing factor to a third (30.5%) of all injury-related deaths in the United States.

Based on current Virginia census estimates, nearly 200,000 Virginians are disabled as a result of TBI. *It is estimated that there could be over 4,000 brain injury individuals in the Shenandoah Valley alone.*

- ❖ 28,000 individuals are treated for brain injuries in Virginia hospitals each year. More than 3.1 million children and adults in the U.S. currently live with a lifelong disability as a result of TBI. 6.4 million have a disability due to stroke.
- ❖ The amount of brain damage following an injury may vary from mild to severe and may cause impairments that are temporary or that last a lifetime.

We have Case Management services available in our area through:

Crossroads to Brain Injury Recovery, Inc.
540.568.8923

www.c2bir.org
info@c2bir.org

Our group offers understanding, friendship and support to individuals with brain injuries, caregivers, families and friends.

Although each brain injury is unique, both in how it is sustained and the overall effects, short-term memory and cognitive deficits are common and we are dealing with them ourselves.

*We understand.
You are not alone in your journey.*

EDUCATIONAL PROGRAMS

Please contact us if you would like to present a program or would like us to present a program to your group.

FACTS: According to the CDC, each year more than 2,000 Virginians incur permanent disabilities as a result of 28,000 brain injuries.

Virginia ranks 46th in the nation for fiscal support for community-based services for persons with disabilities, not just brain injury. But we rank 12th in per capital income. We must work toward supporting people with disabilities.

Less than 1% of Virginians living with brain injury needing specialized supportive living arrangements are receiving them.

50% of primary caregivers leave their jobs to provide care for an individual with a brain injury. Financial hardships on families result in the breakdown of the unit. Many survivors become homeless and are lost in the system.

Due to the lack of appropriate services, individuals with brain injury often end up in the criminal justice and mental health systems, costing the Commonwealth significantly more money than the cost of services needed to rehabilitate and transition survivors back into the community.