



**BRAIN INJURY
ASSOCIATION**

O F O H I O

Brain Injury Association of Ohio

*Creating a better future through brain injury prevention, research, education
and advocacy.*

Brain Injury System of Services in Ohio





VISION

BIAOH envisions a world where all preventable brain injuries are prevented, all unpreventable brain injuries are minimized, and all individuals who have experienced brain injury maximize their quality of life.

MISSION

It is the Mission of BIAOH to create a better future through brain injury prevention, research, education and advocacy.

CORE VALUES

Our values and conduct center on principles related to a deep appreciation for:

- Individual dignity and worth
- Self-determination
- Inclusion and community support
- Collaboration and solidarity
- Excellence and integrity



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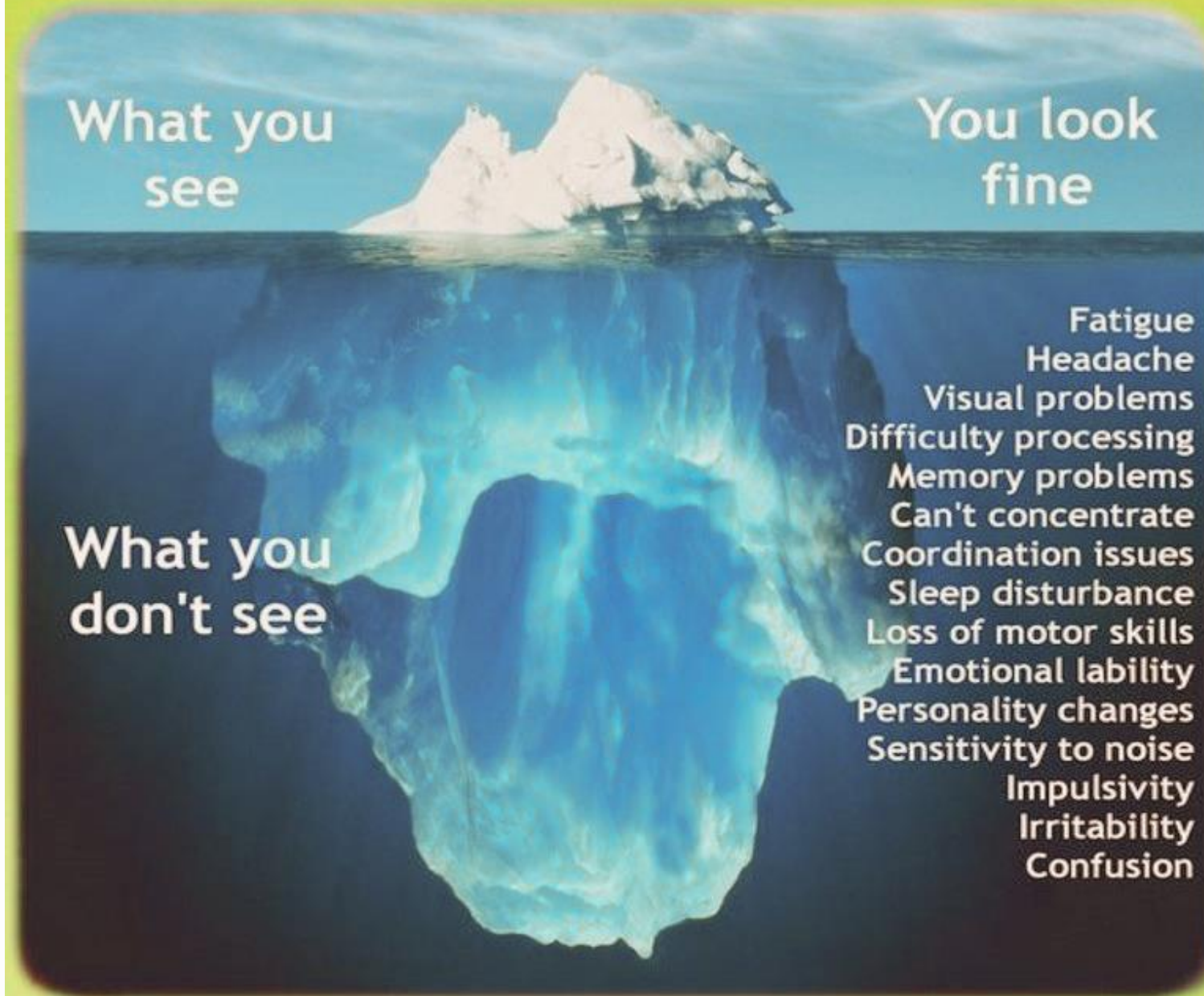
Brain Injury Support Across Ohio and Beyond

Our staff and volunteer network provide services across all 88 counties of Ohio.

There are no parameters for service provision - we will serve all brain injury survivors, caregivers and professionals with our programs.



Brain Injury



The brain injury illusion.

#BrainInjury101

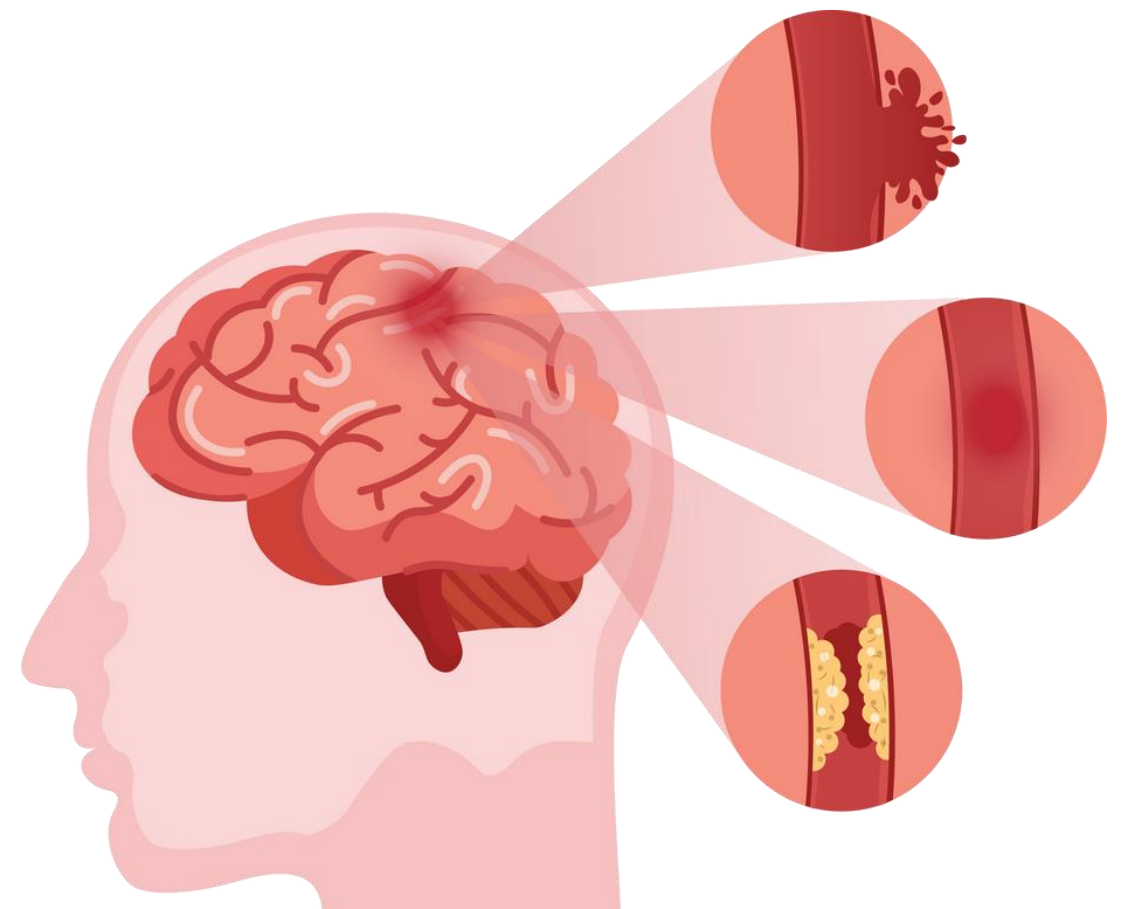
www.brainworksrehab.com

The Silent and Undermanaged Epidemic

Always a unique injury and a unique human story that is a life changing event for many that can be the start of a chronic condition that lasts a lifetime.

Stroke in

- 20.9% increase in adults reporting a stroke from 2011–2013 to 2020–2022 — the largest rise in the nation.
- 5th leading cause of death in Ohio.
- 3.9% of Ohio adults report having had a stroke (ranging from 0.4%–14.2% by region).



Traumatic Brain Injury Causes	Non-Traumatic Brain Injury Causes
Falls	Stroke
Assaults	Infectious Disease
Motor Vehicle Accidents	Meningitis
Sports/Recreation Injuries	Encephalitis
Abusive Head Trauma (Shaken Baby Syndrome)	Seizure
Gunshot Wounds	Electric Shock
Workplace Injuries	Tumors
Child Abuse	Metabolic Disorders
Domestic Violence	Neurotoxic Poisoning (CO2, Lead)
Military Blast	Lack of Oxygen (Drowning, Choking)
	Drug Overdose
	Aneurysm

There are two types of acquired brain injury: traumatic and non-traumatic.

A traumatic brain injury (TBI) is defined as an alteration in brain function, or other evidence of brain pathology, caused by an external force. Traumatic impact injuries can be defined as closed (or non-penetrating) or open (penetrating).

A non-traumatic brain injury causes damage to the brain by internal factors, such as a lack of oxygen, exposure to toxins, pressure from a tumor, etc.



Programs and Services



HELPLINE

We offer our HELPLINE service, where a brain injury support specialist can help connect you to resources in the community, offer support and provide general brain injury information.

Call 1-833-783-1495 to reach our HELPLINE specialist

Education

We offer educational programming for survivors, caregivers and professionals on Brain Injuries and healthy living after an injury. Education is available through our webinars, presentations and our annual TBI Conference.

Support Groups

We offer support groups throughout the state for survivors and caregivers to connect with others who are experiencing similar journeys.

Health and Wellness

We offer virtual health and wellness program that alternates between adapted yoga, meditation, nutrition and creative expression.

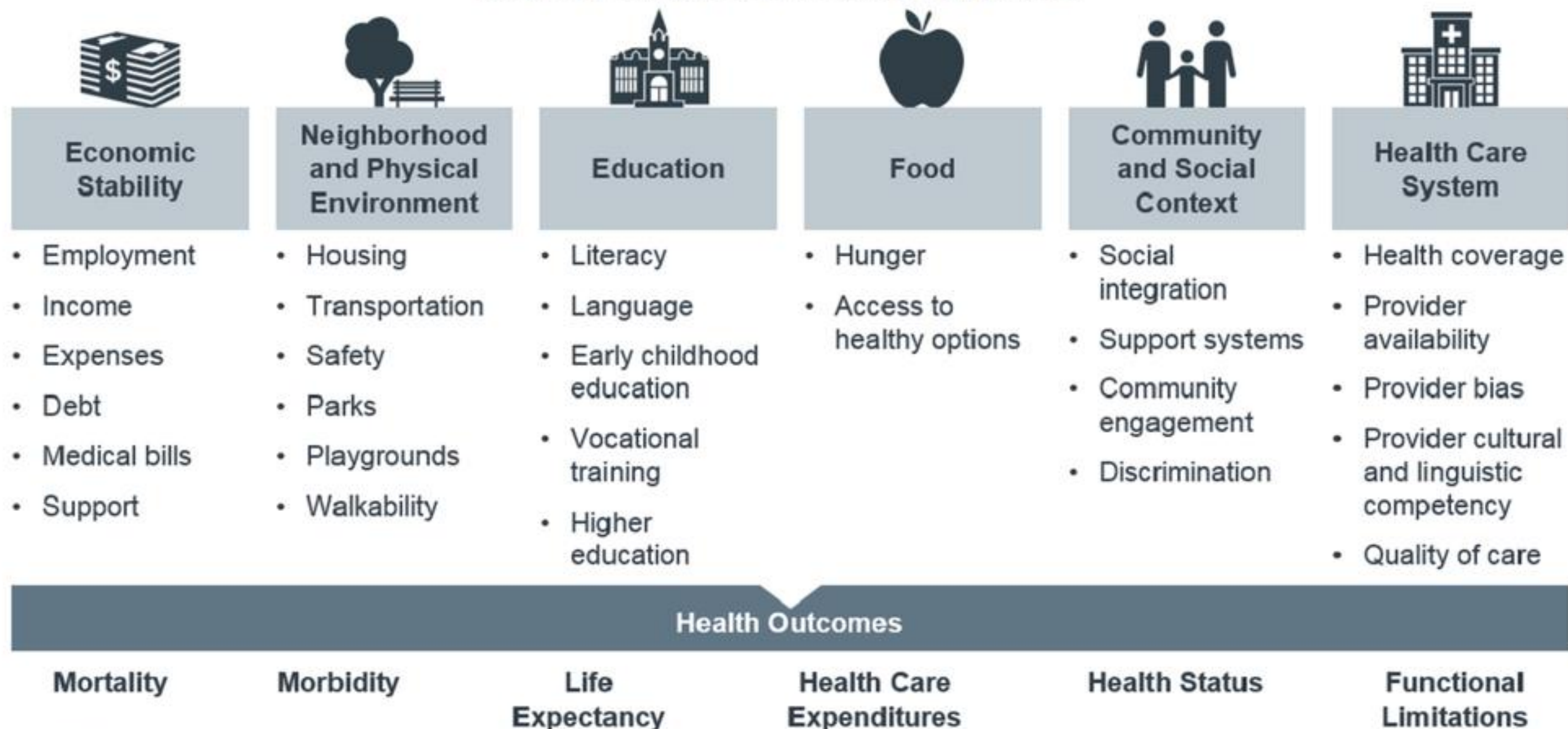
Advocacy

We lead advocacy efforts to promote TBI prevention, treatment, rehabilitation and long-term care needs of those who have sustained injury.

Support Beyond Brain Injury



The social determinants of health



MONTHLY WEBINARS

- Free to participate live
- Previous webinars on website
- (Free for Members)



Returning to School After a TBI Webinar

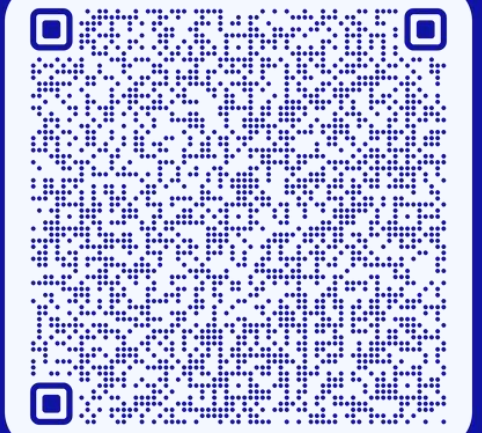
As the new school year approaches so does the anxiety and challenges of managing a brain injury in a classroom setting.

Join us live to learn how you can support your student in the 2025-2026 school year!

[> REGISTER NOW](#)

 833 783-1495

 www.biaoh.org



SCAN ME



WELLNESS WORKSHOPS

- Weekly FREE workshops for survivors and caregivers delivered virtually
 - Adapted Yoga
 - Healthy Eating
 - Meditation/Mindfulness
 - Artistic Expression



Healthy Minds

Virtual Health & Wellness workshops for brain injury survivors and caregivers



Virtual workshops include



Yoga

Our Love Your Brain trained facilitators lead adaptive yoga classes specifically for BI survivors.



Meditation

Meditation helps improve quality of life, depression, anxiety, and attention regulation.



Creative Expressions

Survivors and caregivers have a chance to express themselves via paint, dance, music, and other art forms.



Nutrition

Classes designed to teach healthy eating habits to fuel the brain.



Community Guests

Classes hosted by community partners with varying topics and experiences.



Ready to join us?

When?

Every Thursday, Virtually from 6-7PM



Scan here!



Next Session Starts in October!

If you are interested in volunteering reach out to ckelley@biaoh.org

P.O. Box 21325
Columbus, OH 43221

(633) 783-1495

www.biaoh.org

TRANSITION BACKPACKS

- HELPLINE Contact Information
- Moderate to Severe Brain Injury: A practical guide for families
- Sleep Masks
- Ear Plugs
- Journal
- Sleep Meditation CD
- Ice Pack
- Pocket Calendar
- Water bottle
- *A Release to receive a year of follow-along assistance from BIAOH*



NEUROSPARKS RETREAT

- Survivors who are 2 + years out from injury with a caregiver
- 3 day intensive evaluation and treatment
- Go home with homegoing plan, Ipad tablet and follow up from BIAOH in community



BRAIN INJURY
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OF OHIO



PODCAST CLUB



Podcast Club
The Brain Injury Association of Ohio

01:26 04:22

Each month we will delve into podcasts that revolve around a theme related to brain injury (Resilience, Grief, Finding Joy). You will receive journal prompts and we will meet the last Tuesday of each month to discuss the podcasts that we listened to.



TOGETHER WE THRIVE: TOOLS FOR CONNECTION

Together We Thrive: Tools For Connection

Are you and your loved one struggling with managing your communication and dealing with negative emotions? Are these issues making it difficult for you to enjoy your relationship with each other and causing additional stress? If so, this workshop is for you!



WORKSHOP HIGHLIGHTS :

- PARTICIPANTS WILL LEARN HOW A BRAIN INJURY CAN AFFECT AN INDIVIDUAL'S ABILITY TO COMMUNICATE WITH OTHERS AND HOW EMOTIONS IMPACT THE ABILITY TO GET ALONG WITH OTHERS.
- IN ORDER TO PARTICIPATE IN THE WORKSHOP YOU AND YOUR CARE PARTNER (SPOUSE, PARENT, SIBLING, ETC) WILL NEED TO ATTEND THE ENTIRE WORKSHOP.
- AT THE END OF THE WORKSHOP INDIVIDUALS WILL HAVE DEVELOPED THE ABILITY TO IMPROVE THEIR RELATIONSHIPS WITH EACH OTHER BY BEING ABLE TO:
 - IDENTIFY BASIC COMMUNICATION SKILLS, INCLUDING LISTENING AND INTERPRETING NONVERBAL CUES
 - EXPLAIN HOW EMOTIONS AFFECT THE ABILITY TO GET ALONG WITH OTHERS
 - LABEL EMOTIONS AND THEIR INTENSITY
 - UNDERSTAND HOW TO CONNECT TRIGGERS, THOUGHT TRAPS AND BEHAVIORS TO THE INTENSITY OF EMOTIONS

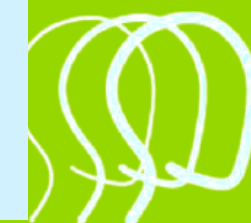
FREE - MATERIALS INCLUDED

INTERACTIVE LEARNING

LIGHT BREAKFAST, LUNCH AND SNACKS PROVIDED



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ADVOCACY



2025 EVENTS AT BIAOH

2025 Ohio Brain Injury Summit

December 8-9, 2025

Hybrid Event
OhioHealth Business Administration Campus
Columbus, Ohio



BRAIN INJURY
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OF OHIO



INDIANA SUPPORTS



- Support Groups
- NeuroResource Facilitation - Indiana University

BIAI Contact Information :

1-800-444-6443

Email:

biassociationofindiana@gmail.com

www.biaindiana.org



KENTUCKY SUPPORTS

Brain Injury Alliance of Kentucky

Phone: 502.493.0609

Email: info@biak.us

www.biak.us

Brain Injury Alliance of
Northern Kentucky

Lauren Ledford
info@biank.org

Cell: 859-379-8230

www.biank.org



How can you get in contact with us?

CALL US

614-481-7100 - Office
833-783-1495 - Helpline

EMAIL US

help@biaoh.org

VISIT US ONLINE

www.biaoh.org

GET SOCIAL WITH US

