




RESEARCH NEWS, HEALTH TIPS, AND COMMUNITY RESOURCES FROM THE
VIRGINIA TBI MODEL SYSTEM**Participant Appreciation Day**
May 2, 2025


We're thrilled to invite you to our Participant Appreciation Day, where we THANK YOU for being part of our research community.

Join us on **May 2, 2025** in Richmond, VA. Here's what to expect:

 **Refreshments** – Enjoy lunch and goodies as we connect.

 **Community Resources** – We'll have representatives and share information about local groups and services that support the brain injury community.

 **Brief Research Update** – Hear about recent findings and how they enhance care and support in all stages of recovery.

 **Interacting with Peers** – This a great opportunity to meet others who have participated in Model System research and potentially expand your community and social network.

This day is dedicated to celebrating you and your vital role in improving the lives of those with brain injuries through research. We couldn't do it without your support. We hope to see you in May!

RSVP here by 4/15/2025 if you would like to attend! 

Research Highlight:
Caregiver Resilience the
First 2 Years after TBI

We recently published a study on caregivers' resilience during the first two years of caring for people with moderate-severe TBI. Caregivers' resilience was steady over time. Caregivers with higher resilience reported less caregiving burden and more emotional needs met. Caregivers with lower levels of resilience reported more distress and felt overwhelmed by caregiving responsibilities. Providing caregiver support, particularly for emotional needs, may help improve resilience and overall well-being. We are currently conducting a clinical trial to evaluate an intervention that supports caregivers in the first six months after inpatient TBI discharge.

[Click here to read the article.](#)

[Click this link to read a factsheet for family members written by TBI Model System authors.](#)

Virginia TBI Model System

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If you would like to continue to receive the paper version of the newsletter, please let us know!

For all listserv and for paper newsletter requests, email us at:
tbi.modelsystem@vcuhealth.org

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EXPLORE THESE WEBSITES FOR MORE UPDATES FROM
OUR CONTINUUM OF CARE:

TBIMS.VCU.EDU | SAI.REHAB | BIAV.NET | MSKTC.ORG



Highlighting Virginia's Advocacy Work

Advocates for brain injury are dedicated to securing ongoing funding for brain injury services to effectively support individuals and families across the state of Virginia.

- [Click here to learn more about advocacy work in Virginia and how YOU can get involved!](#)
- **BIAV** is hosting a conference at **SAI** called **Making Headway on March 28, 2025!** [Click here for information, registration, and cost waiver.](#)

Community Support Groups

RVA Aphasia Group

Monthly Meetings

Contact: rvaaphasiagroup@gmail.com for upcoming monthly meeting information

Coffee and Conversation Group

Contact: rvaaphasiagroup@gmail.com for upcoming coffee and conversation groups

BIAV

Online Caregiver Group Virtual meeting for caregivers who live in VA.

When: 1st Wednesday of the month, 6:00 pm
Contact: info@biav.net or 804-355-5748 ext. 102.

Online Support Group for people living with BI, family and friends

When: 4th Tuesday of the month, 6:00 pm
Contact: info@biav.net or 804-355-5748 ext. 102.

In-Person Support Group

When: 3rd Monday of the month, 6:00 pm
Where: Willow Lawn area of Richmond
Contact: info@biav.net or 804-355-5748 ext. 102. (Advanced registration is required).

Community Brain Injury Services

Caregiver Support Group

When: 2nd Thursday of the month, 6:00 pm
Where: 12725 McManus Blvd. Ste. 2E
Newport News, VA 23602
Contact: The Denbigh House: 757-833-7845

2025 General Assembly News from the disAbility Law Center of Virginia

The disAbility Law Center of Virginia works to support independence, protect rights, and eliminate abuse, neglect, and discrimination against people with disabilities. This center advocates through legal representation and educate policymakers on the potential impact of laws.

On Sunday, February 2, 2025, the House and Senate committees announced their proposed amendments to Virginia's two-year budget. Both chambers debated these proposals:

Here are some key items:

In the House proposal (HB 1600):

- \$52.8 million for Special Education instructors and students
- \$2.0 million for programs supporting individuals with dementia or older adults at risk of state facility placement
- \$1.0 million to improve community services for brain injury individuals

In the Senate proposal (SB 800):

- Funding for a 25-bed facility for individuals with traumatic brain injuries
- Support for skilled nursing beds at Southeastern Virginia Training Center
- A small increase for Independent Living Centers (\$17,000 per center)
- Study on applying for Social Security or VA benefits for foster children

For more information, contact ga@dclcv.org.



Brain Games for Fun!

Check out the games highlight for some fun exercises to engage your brain



SCAN ME

Website: <https://freegames.org/>

How to use a QR Code:
Open your smart phone camera and center the QR code. A link should pop up on the camera screen. Click this link to be directed to our puzzle page.



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