

## PROJECT NEWS

### RESOURCE MANUAL MANIA!

#### Who would have known?

The *Traumatic Brain Injury Resource Directory (TBIRD)* and the *Spinal Cord Injury—For Your Information Resource Directory (SCI-FYI)* have been so popular that our printed copies are almost sold out. But not to worry, both will be reprinted in the near future. The TBIRD, now in its fourth edition, is getting a complete overhaul. Look for hundreds of new entries within its 27 chapters.

For those of you who can't wait, both resource guides are available from the TBI & SCI Projects' web page—

<http://members.aol.com/TBISCIProj/TBISCIProj.html>

Over 8,000 visitors have been to the electronic TBIRD & SCI-FYI web sites!

#### What are the TBIRD and SCI-FYI?

They are complete resource guides intended for anyone in the Santa Clara Valley (and beyond) needing information on services and/or resources relating to traumatic brain injury or spinal cord injury. The directories are written for all levels of consumers, from the rehab professional looking for services to help a client, to family members searching for programs to assist their loved one, to the individual with SCI or TBI who wants to improve his or her situation.

Resources include:

- Alcohol and Chemical Dependency Agencies
- Adaptive Driving
- Assistive Technology
- Consumer Resources
- Crisis Intervention and Counseling
- Death and Dying
- Domestic Violence

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# BRAIN AND SPINAL CORD INJURY GRANTS INTERACT

## NIDRR Renews TBI Project

### Model System at SCVMC Funded for Five More Years

Project Staff were very pleased to learn that the National Institute on Disability and Rehabilitation Research (NIDRR) has awarded Santa Clara Valley Medical Center (SCVMC) a Traumatic Brain Injury (TBI) Model System of Care grant for another five years. There will be five such projects across the U.S.: SCVMC in California, The Institute of Rehabilitation Research in Texas, The Rehabilitation Institute of Michigan, Ohio State University, and Moss Rehabilitation Hospital in Pennsylvania. SCVMC is proud to continue as one of the nation's leaders in the field of TBI rehabilitation.

The new five-year grant addresses NIDRR's priorities in TBI for the next five years. These priorities include:

- investigating the effectiveness of services after acute rehabilitation
- evaluating interventions that can improve vocational outcomes and community integration
- developing key predictors of rehabilitation outcome (including subjective well-being)
- determining the relationship between cost of care, specific interventions, and outcomes
- examining the implications of violence as a cause of TBI.

### Components of the Program: 1997–2002

A **Peer Support Program** for families and consumers from time of injury through community integration. Volunteer peer supporters and family members talk with and closely follow consumers and families through the acute, rehabilitation, and community integration phases of recovery. There are also two monthly support group meetings for individuals in the community.

The **Brain Injury University (BIU)**, a week-end and evening community education program. BIU is a collaborative program involving several community agencies. Instructors provide workshops on accessing services, self esteem building, job interview skills, and more.

A community **Vocational Task Force** on vocational issues in TBI has been established. Its goal is to get more individuals with TBI back to work.

A National Information **Center on Outcome Measurement in Brain Injury (COMBI)**. The COMBI will provide available information on handicap/outcome measures. The center is a collaborative project that will be based at SCVMC and will be accessible through a new website.

Contribution to a **National Database on TBI**. Grant staff collect specific information from rehabilitation patients that have had a TBI. Individuals are followed and interviewed on an annual basis. Data from SCVMC are pooled with data from other Model Systems to answer many research questions about TBI.

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## SAFETY EDUCATION/ DISABILITY AWARENESS

### Patterns for Life

*From the Safe & Sober Campaign,  
U.S. Department of Transportation  
National Highway and Traffic Safety Administration*

Motor vehicle crashes are the leading cause of death for every age group from 6 to 28 years old. Practicing safe behaviors such as wearing safety belts, placing children in safety seats, being safe pedestrians, and wearing bicycle and motorcycle helmets can significantly reduce the number of injuries and fatalities suffered.

Consider:

- Child safety seats reduce the risk of fatal injury by 69% for infants (less than one year old) and by 47% for toddlers.
- Safety belts, when used, reduce the risk of fatal injury to front seat car passengers by 49%.
- Children who learn safe behaviors become adults that practice safe behaviors.

Here are some suggestions on how to help a child establish a pattern of safe behaviors:

- The back seat is the safest place for children. NHTSA recommends children ride in the back seat until they are 13.
- Babies up to 20 pounds and about 1 year should face the rear of the vehicle.
- Pedestrians should be aware of signals, signs, and pavement markings—these apply to everyone, not just motor vehicle drivers.
- Remind children to look left, right, left when crossing the street.
- Waiting at the bus stop: Children should stand at least six feet (or three giant steps) away from the road while waiting for a bus.
- Be aware of drawstrings, straps, and other parts of clothing that could snag or catch on school bus handrails or playground equipment.
- The use of bicycle helmets is the single most effective way to reduce head and brain injuries resulting from bicycle crashes.

**GOOD SAFETY HABITS LAST A LIFETIME!!  
PLEASE, SUPPORT YOUR LOCAL POLICE DEPARTMENTS  
IN ENFORCING THE LAW**

### Call 1-800-MY HEALTH

Prudential Life Insurance and Troxel are sponsoring a bicycle helmet campaign aimed at making helmets affordable to everyone. Helmets may be purchased at the cost of \$10 (plus shipping & handling).

There are different styles and sizes to choose from. For more information call 1-800 MY HEALTH. ■

**SCI ResourceLine:  
1-(800)-352-1956, ext. 24**

## FEATURED STAFF

# Jerry Wright: Behind the Scenes

Jerry Wright, Administrator of the TBI & SCI Projects and editor of the *InterACT*, after much cajoling by Project staff, has finally agreed to be interviewed for Featured Staff.



*Jerry Wright*

Jerry has been with the TBI & SCI Projects since 1988, when he was officially designated the "Project Young'n." After graduating with his degree in Psychology, Jerry developed a guru-like ex-

pertise in the Macintosh programs. He uses this knowledge to place mysterious gremlins in the office computer systems (job security). Jerry is currently attending a Graphic Design Program through the University of Santa Cruz. He designs and maintains the Projects' web sites. In his down time, Jerry is responsible for all data analysis activities and the management of Project employees (this is when the degree in Psychology becomes most useful).

This expert cook and brew master would gladly spend 10 hours slow cooking a pork shoulder to attain the perfect aroma and flavor, nothing short of a masterpiece. He has also been known to use his considerable talents psyching out opponents at lunchtime backgammon tournaments, making him the reigning TBI & SCI Projects champion. Jerry has also been known to read Tarot cards at parties, striking terror in the hearts of those who think he knows what he is talking about. His wife Diane, and dog, Midnight, keep him busy with camping, scuba, and all the movies fit to view.

He's a popular guy, with a minimum of nerd-like mannerisms, and a mind that thinks like a computer. His exper-

—Continued next page

## SUPPORT CORNER

### TRAUMATIC BRAIN INJURY (TBI) SUPPORT GROUPS

- **Mild Brain Injury (MBI) Group**  
For individuals in the community with brain injury, and friends and family. Meets the fourth Tuesday of each month at 7 P.M. at the Cypress Senior Center, 403 So. Cypress Ave., San Jose. Contact number (408) 295-9896, x10.
- **Very Important Patient (VIP) Group**  
Includes inpatients, outpatients, individuals in the community with brain injury, and friends and family. Meets the fourth Wednesday of each month at 7 P.M. at Santa Clara Valley Medical Center, Rehabilitation Conference Room. Contact number (408) 295-9896, x10.

### SPINAL CORD INJURY (SCI) SUPPORT GROUPS

- **SCI Support Group**  
Includes individuals in the community with SCI, and friends and family. Meets the third Thursday of each month at 7 P.M. at the Cypress Senior Center. Contact **Richard Patterson**, (408) 295-9896, x12.
- **SCI Women's Peer Support Group**  
Includes women in the community with SCI. Meets on the fourth Thursday of the month from 1:00 P.M. to 3 P.M. in the Third Floor Conference Room, 2400 Moorpark Ave., San Jose. Contact **Janie Whiteford**, (408) 295-9896, x42. ■

### *Jerry Wright* from Page 2

tise keeps the Project and the staff humming smoothly. He may have been the "office Young'n" when hired, but now falls into the thirty-something category. Jerry, may you be here 'til your beard turns white. ■

## SCI Resources on the Internet

The Internet is increasingly becoming an important tool for the SCI (spinal cord injury) community. However, many people with SCI and SCI professionals are unaware of the growing number of resources and information available for free on the Internet.

Resources that are currently available include: spinal cord injury educational modules; newsletters; worldwide information on current research; peer support directories; spinal cord injury resource directories; spinal cord injury "chat rooms;" information from the National Institute on Disability and Rehabilitation Research, a branch of the U.S. Department of Education; and many sites designed by several Spinal Cord Injury Model Systems of Care.

With today's technology and access to the Internet, one can "chat" with or send e-mail to another person with a similar spinal cord injury ANYWHERE IN THE WORLD. The latest research can be viewed on a home computer within seconds. Personal home pages developed by people with SCI can also be found. Educational pamphlets on a variety of SCI issues are abundant and the resources available are too numerous to count.

We are currently creating a guide to these resources. In the box below are listed a few favorite sites. Look for future updates in *InterACT* for more information about SCI and the Internet! ■



### Favorite Web Sites

The University of Alabama at Birmingham has an excellent SCI site that offers a comprehensive list of resources, educational materials, an SCI chat room and numerous SCI-related links.

<http://www.sci.rehabm.uab.edu/>

For a great resource page with a fascinating diagram of a spinal cord, check out—

<http://www.eskimo.com/~jlubin/disabled/sci.htm>

If you'd like to get in touch with other survivors of SCI, or if you'd like to see web pages developed by people with SCI, go to Quad Link—

<http://pages.prodigy.com/NJGR89A/qlink.htm>

Of course, you'll definitely want to visit *our* TBI/SCI Project Home page at—

<http://members.aol.com/TBISCIProj/TBISCIProj.html>

### *NIDRR Renews TBI Project Funding* from Page 1

Several specific **Research Studies**, examining service utilization, post rehabilitation care, prediction of outcome, the impact of managed care, and the implications of violence. Stay tuned for more information about our research studies in future editions of *InterACT*.

**Dissemination** of our Project information through this newsletter is one way in which we communicate with you. Ultimately, our project finances come from your tax dollars, so please let us know what you think of our programs. ■

## BOOK REVIEW

# Journey to Well: Learning to Live after Spinal Cord Injury, a book by Margie Williams

Margie Williams is a former rehabilitation patient at Santa Clara Valley Medical Center who sustained an incomplete spinal cord injury, coupled with a stroke, in a small airplane crash in July, 1991. Margie has recently written a book which details her long and arduous physical and emotional recovery.

The author gives an inspirational account of the grief and recovery process she and her family endured during months of therapy in three different hospitals and the transition back into her community. In writing her story, Margie takes an honest look into her self. She discusses times when she faced complete despair, as well as the extreme sense of pleasure she got through the accomplishment of simple tasks during the rehabilitation process.

Throughout the book, Margie describes her repeated "subconscious redefinition of the physical and emotional state (known as) well." She talks about how she and her family used

humor to aid in acceptance of her "altered life" in the months and years post injury.

Margie currently spends a significant amount of time traveling throughout the U.S. with her husband Kent, and she shares her travel experiences in the book. An excellent listing of resources is included in the appendix which is helpful for individuals with SCI and their families.

Overall, Margie's personal and honest account of her recovery process gives the individual with SCI inspiration to face his or her disability, and challenges the reader to maximize his or her potential. *Journey to Well* is an excellent resource for anyone facing a life-altering injury.

*Journey to Well* is available for \$18.95 (including shipping and handling) through Altarfire Publishing, 1835 Oak Terrace, Newcastle, CA 95658, (916) 663-1510. ■

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Resources (*continued*):

- Durable Medical Equipment
- Education
- Financial Aid
- Health Related Services
- Housing Agencies
- Independent Living Resources
- Legal/Advocacy
- Parenting and Family
- Recreation
- Residential Care Facilities
- Special Populations
- Support Groups
- Transportation and Travel
- Vocational/Prevocational

The *TBIRD* and *SCI-FYI* were compiled from information in the TBI & SCI Projects' Resource Center and include many local, state and national references. To order, please call (408) 295-9896 ext. 10 for information about cost and availability, or check out both directories for free on our web site. ■

## PHONE EXTENSIONS

The main number for the TBI/SCI Projects is (408) 295-9896, x10.

|                 |    |
|-----------------|----|
| Debra Burdsall  | 24 |
| Karyl Hall      | 16 |
| Laura Jamison   | 15 |
| Pat O'Hare      | 13 |
| Mark Olson      | 17 |
| Rich Patterson  | 12 |
| Mary Ann Reilly | 26 |
| Sherrri Rogers  | 22 |
| Janie Whiteford | 42 |
| Jerry Wright    | 11 |

**INTERACT** is brought to you by NIDRR grants #H133A70018 and H133N50003. Address inquiries to **Jerry Wright**, Editor. PHONE (408) 295-9896 ext. 11; FAX: 295-9913. Design, Layout and Production: **Beryl Richardson**, Richardson Communications, (408) 266-2741. Printed on recycled paper. Please recycle this newsletter: pass it on to a friend. ■

## INTERACT

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