In this issue >>>

Brain Injury Awareness Month

Veterans Music Therapy Group

TBI Camps

Mental Health Counseling Update

Caregiver Programs

Alabama Head Injury Foundation – Spring 2025

AHiF Alabama Head Injury Foundation Headlines

Brain Injury Awareness Month >>>

March 3-5 – TBI Advocacy with Congressional Staff in D.C.

March 13 – TBI Awareness Day at Alabama State House

– TBI and Law Enforcement Virtual Support Group

March 18 – AHIF on Birmingham's ABC 33/40

March 20 – In-Service with Right at Home Agency Staff

– AHIF on Huntsville's NBC 19

March 27 – AHIF's 5th Annual Survivor's Panel

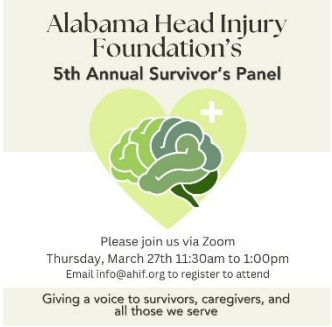
March 29 – AHIF's 9th Annual Beer, Band & BBQ Event

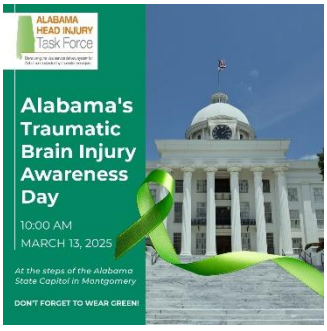
For more information, visit www.ahif.org

Brain Injury Awareness Month

AHIF promotes TBI awareness throughout March 2025

Alabama Head Injury Foundation was pleased to once again focus on awareness, prevention and understanding of traumatic brain injury (TBI) throughout Brain Injury Awareness Month in March 2025. This included TV interviews, advocacy, in-services, fundraising events and educational programs. AHIF also held its 5th Annual Survivor's Panel, where five traumatic brain injury survivors, and one caregiver of a TBI survivor, shared their testimony of survival, what they continue to struggle with, and how AHIF has been able to help. You can visit AHIF's YouTube channel to hear these amazing stories of survival.





AHIF Program Updates >>>

So Thankful For Good Counsel…

Listening Leads To Acting

One of the many things I admire about my co-workers here at AHIF is their willingness to LISTEN to those we serve. This allows us to identify opportunities to take ACTION. In 2019, multiple staff approached me concerning the realization that many of the clients, and caregivers, we were serving were also struggling with mental health issues. They noted that a failure to address these issues would make it almost impossible to make progress with other challenges they were facing as a result of their traumatic brain injury. Within three months, our Mental Health Counseling Program was born!

Keeping Up With Demand

You know you have pursued a good idea when the demand for the service outpaces your capacity. Over the past few years, we have gone from one contract counselor, to a part-time counselor, to a full-time counselor, to adding interns, to adding staff, to now having three full-time counselors, an intern program, and two additional staff with counseling caseloads!

Miguel Torres

Finding The Right People

AHIF is fortunate to have Miguel Torres leading our Counseling Program. He has Sara Catherine Hartman and Bailey Juarez as full-time members of the counseling team, along with Marilyn Davis and Bethany Leonard managing client caseloads. We are extremely grateful to offer this free service to clients and caregivers struggling with the mental health issues that so often surround those living with TBI.

Music Mondays!

AHIF is pleased to announce a partnership with Rooted Music Therapy to provide Zoom-based music therapy sessions for clients! Held on the 1st and 3rd Monday of every month, these sessions demonstrate the power of music in reducing stress, promoting better memory, and encouraging overall emotional health!

Serving Those Who Served >>>

AHIF Introduces Music Therapy Program for Veterans

Alabama Head Injury Foundation is proud to be a recipient of a grant from the Alabama Department of Veterans Affairs to provide an array of programming options to our veteran population dealing with the effects of traumatic brain injury and/or PTSD. AHIF is providing veterans with guitar-based music therapy sessions to use music to combat the emotional struggles they are facing, and also offering cooking demonstrations, gardening, and other programs to communicate the emotional regulation skills that can help.

AHIF is further offering on-line support groups, and individual counseling opportunities to reach as many veterans as possible across the state.

If you are interested in learning more, please e-mail us at info@ahif.org.

AHIF Bright Ideas TBI Camp Season Is Here

AHIF holds first Bright Ideas TBI Camp of 2025 at Auburn University

Auburn University School of Nursing served as the host of AHIF's first Bright Ideas TBI Camp of 2025. Physical Therapy and Occupational Therapy programs from Faulkner University joined Speech Therapy, Audiology and Nursing from Auburn University to work on inter-disciplinary teams serving 15 clients along with their caregivers.

The students, under faculty supervision, performed assessments on day one, tested interventions on day two, and then made recommendations on day three for a "Home Program" designed to facilitate additional adjustment, compensatory strategies and even additional recovery.

Caregivers had a separate day of programming on day two, with special presenters covering legal issues, wound care, community resources and AHIF Caregiver programs.

All participants welcomed a special visit from Aubie on Wednesday, and even competed in a special Jeopardy game on the final day of camp!

AHIF Holds Weekend TBI Camp at Camp ASCCA

March 7-9 – AHIF held a weekend camp at Camp ASCCA, with 18 campers along with caregivers enjoying beautiful weather, fun activities, and social time with other survivors

Two more camps coming...

AHIF will once again offer its week-long camp at Camp ASCCA in early August, and then return to beautiful Camp McDowell for a weekend camp in October 25. For more information about AHIF's Recreational Camp Programs, please e-mail us at info@ahif.org.

Bright Ideas TBI Camps >>>

AHIF has four additional Bright Ideas TBI Camps planned for 2025

June 3-5 – University of Alabama

June 10-12 – Samford University

June 24-26 – University of South Alabama

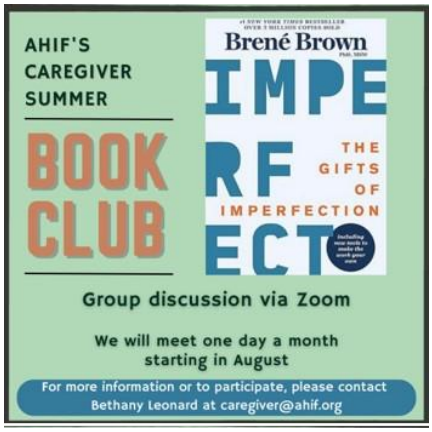
TBD – Lakeshore Foundation

AHIF's New Recreational Program Coordinator is Programmed For Fun!

AHIF is pleased to welcome Lydia Thorpe as its new Recreational Program Coordinator! Lydia brings an extensive Recreational Therapy background to her new role with AHIF, and will be coordinating AHIF's online and in-person support groups, along with AHIF's recreational camp programs!

Caring for Caregivers

AHIF continues offering programs and services to support those who spend their lives supporting others, including a new Caregiver Book Club Series



AHIF continues to offer an array of caregiver-focused programs and services. This includes our ongoing Respite Program, where eligible families can receive vouchers for respite care services that can be used when caregivers need it, giving them a brief break from the 24/7 duties of caring for a loved one.

AHIF also offers Zoom-based Caregiver Support Groups, connecting caregivers with other caregivers who understand the daily challenges faced serving in this challenging role. They also provide educational speakers, ranging from legal issues to neuropsychology to ongoing therapy.

Additionally, AHIF will launch its 3rd Caregiver Book Club series this summer, using the book Suffer Strong by Katherine and Jay Wolf.

For more information, e-mail our Caregiver Program Coordinator at caregiving@ahif.org.

Support AHIF Today >>>

How You Can Help

- *Make a Personal Gift to AHIF*
- *Volunteer with AHIF*
- *Refer Someone You Know Living with a TBI so AHIF Can Help*

AHiF
Alabama Head Injury Foundation

500 Chase Park South Suite 130
Hoover, AL 35244
Phone: 205.823.3818
E-mail: info@ahif.org
Website: www.ahif.org

Our Mission: *To improve the quality of life for survivors of traumatic brain injury and for their families*

Our Vision: *We envision a state where traumatic brain injury is prevented where possible and fully understood and supported where not.*

AHIF is a proud partner of:
United Ways of Central Alabama, Etowah County, Lee County, Marshall County, Southwest Alabama and West Alabama.

LIVE UNITED
United Way