

## Looking Ahead into 2021

Like many of you, we had hoped that COVID-19 would follow the calendar and allow us to begin 2021 fresh and virus-free, but the indications continue to point toward the idea that we will still be dealing with COVID-19 in some capacity heading into at least early 2021. However, AHIF is committed to continuing to expand its programming and services to better meet the unique need of our clients and caregivers.

### A Return to Normal?

AHIF will certainly follow the science and recommendations of our public health agencies, but hopes that 2021 will allow, at least for part of the year, a return to “in-person” programming. It is our hope that this includes the re-introduction of our recreational camp programs and our Bright Ideas TBI Camp programs. This also includes the long-awaited return of our Recreational Support Group programs, and our staff performing home visits with our clients and caregivers.



### Some Research to Support Our Efforts

AHIF recognizes that even the best ideas and programs, with obvious benefits and successes, need data and figures to prove that they are accomplishing the purpose(s) for which they were created. AHIF is proud to partner with two universities to help achieve this in 2021.

AHIF has partnered with **The University of Alabama** to study the effects of AHIF’s Bright Ideas TBI Camp by measuring its impact on caregivers of TBI survivors, and its impact on students participating in the camp who will soon pursue careers where they will further engage with TBI survivors and families.



Bethany White,  
Samford MSW Intern

AHIF has also partnered with **Samford University** on a research project to evaluate the effectiveness of using tele-counseling as a service delivery method. This is especially relevant in this time of COVID-19, but carries far-reaching implications as AHIF analyzes how to offer necessary services, such as mental health counseling, to clients and caregivers living in rural locations where such services are limited or unavailable. AHIF is recruiting up to 30 survivor/caregiver pairs to participate in this study, and working with AHIF Social Work Intern Bethany White and Katie Bee Counseling to provide the tele-counseling services.

Finally, AHIF is working with **University of Alabama** social work doctoral candidate Zee Suntai on a research project analyzing the unique needs and challenges faced by veterans serving as a caregiver to a TBI survivor. AHIF is excited to complete these meaningful research initiatives, and to share the results with the community and refine our approach to service delivery based upon the results.



Zee Suntai, UA Social Work  
Doctoral Student

**For more information, please call the AHIF Office at 800-433-8002, visit our website at [www.ahif.org](http://www.ahif.org).**