



Bi-Annual Traumatic Brain Injury Provider Learning Collaborative.

A space to come together and learn about Evidenced Based Practices, TBI Resources and Information.

MEETING AGENDA

Welcome, Introductions, & Housekeeping – Meredith Therrien, Provider Network Operations

BIANC Updates & News – Jen Kimbrough, PhD, Executive Director

TBI Presentation-Community Resources- Sally Rickard, Sally Rickard, LRT, CTRS, CBIST, Community Liaison and Support Group Leader for the Carolinas Stroke Support Group at Atrium Health Carolinas Rehabilitation Charlotte

Q &A

Final Announcements & Closing – Meredith Therrien, Provider Network Operations

Next Meeting: April 21, 2027, at 1:00pm

OVERVIEW

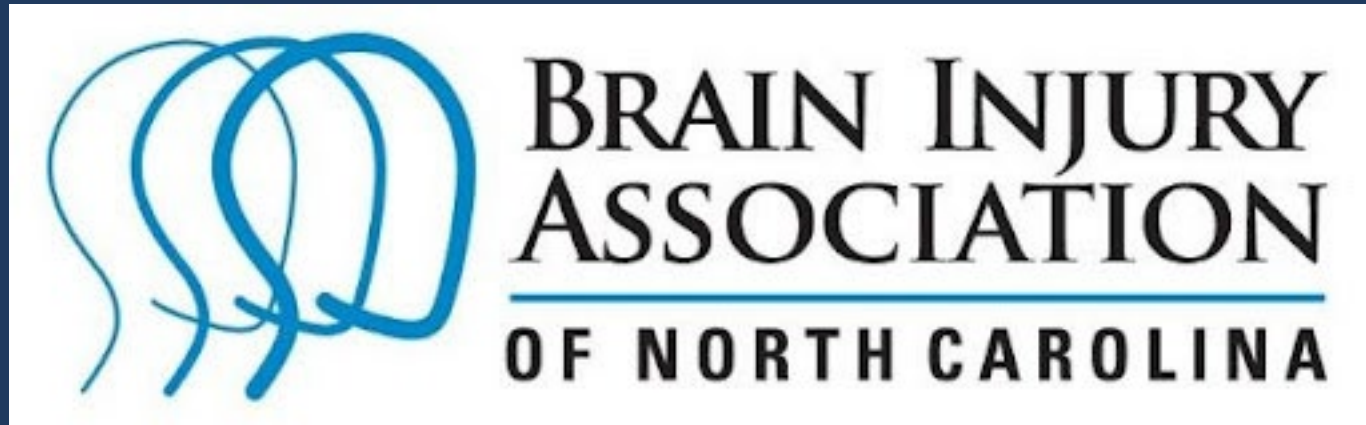
Overview: The purpose of the TBI Provider Learning Collaborative is to offer a space where Alliance TBI waiver and TBI state allocation funded providers, Alliance staff, and our TBI DHHS partners can come together to discuss traumatic brain injury rehabilitation and focus on evidence-based practices.

The goal is for information from the collaborative to be shared with TBI provider DSPs to help ensure a quality TBI provider network.

*We would like your feedback and suggestions for future learning collaborative topics and trainings. Please send your suggestions to Meredith Therrien at MTherrien@alliancehealthplan.org or Sonia Eldridge at SEldridge@alliancehealthplan.org

Questions about the TBI waiver, please e-mail **TBIinfo@AllianceHealthPlan.org**

Per your TBI Waiver contract, please ensure at least 1 of your staff members is present at each of the TBI Waiver Provider Collaborative meetings. Please ensure staff who attend can help disseminate the information across your provider agency and serve as **training liaisons to your internal TBI teams*



October 2026 Update

Jen Kimbrough, PhD, Executive Director

Molly Hastings, Statewide Training Manager

WHERE WE ARE GOING

Our new strategic plan

Protecting Brains. Supporting Lives.



Expand Supports & Services

- Grow and strengthen support groups
- Launch peer support network
- Grow rural reach

Advocate for Survivors

- Cultivate champions
- Launch annual advocacy day
- Publish advocacy agenda

Strengthen the Association

- Strengthen identity and public voice
- Invest in sustainability
- Enhance communication
- Support staff development

SURVIVOR PROGRAMS

Camp: November 13-14

- A weekend built around connection, recreation, and belonging for survivors
- Time with peers who understand life after brain injury
- Location: Camp New Life, Raleigh, NC
- Registration and volunteer details at www.bianc.net



Agribility project: farmworker outreach

- Farmworkers face high injury risk and often have limited access to brain injury resources
- Outreach to agricultural communities to share information and connect people to support
- Partners: NC A&T State University – Agricultural Extension
- Where things stand: Project is funded for 4 years, and planning is under way for outreach events

Learning and connection

Training & Webinars

Ongoing education for survivors, families, and professionals available free 24/7 at <https://bianc.academy.reliaslearning.com>

Upcoming webinar topics: Pediatric Brain Injury, Grief & Brain Injury

Brain Injury Connections: Quarterly professional networking meetings (new)

A regular space for providers and professionals to share resources and strengthen referrals.

- First meeting: September 17th at WakeMed
- Next meeting: Early January
- Plus: Networking event at annual conference

ADVOCACY

Brain Injury Trust Fund advocacy

- Survivors and families across the state need services that are consistently supported; brain injury is significantly underfunded
- Advocating for the Brain Injury Trust Fund with legislators and community partners
- Survivor and family stories at the center of our message
- Plan to join in for Advocacy Day in Raleigh at the General Assembly March 17th



Brain injury is one of the most common and most underfunded public health crises in our state. Every 10 minutes, another North Carolinian sustains a brain injury. The consequences are lifelong, the costs are enormous, and the current system leaves survivors and families with nowhere to turn.

Primary Causes



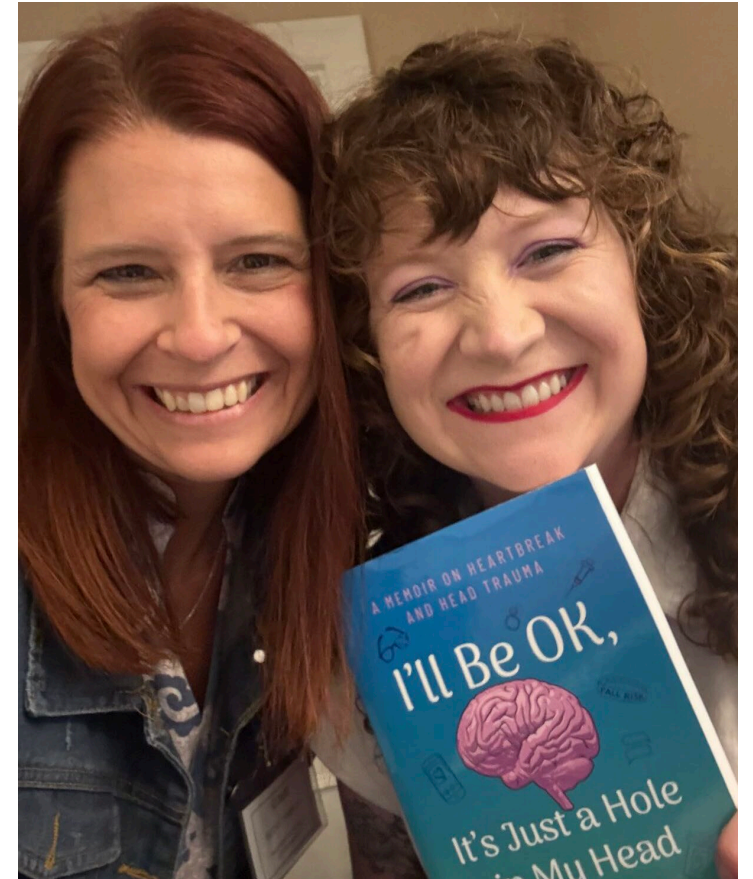
Priority Populations

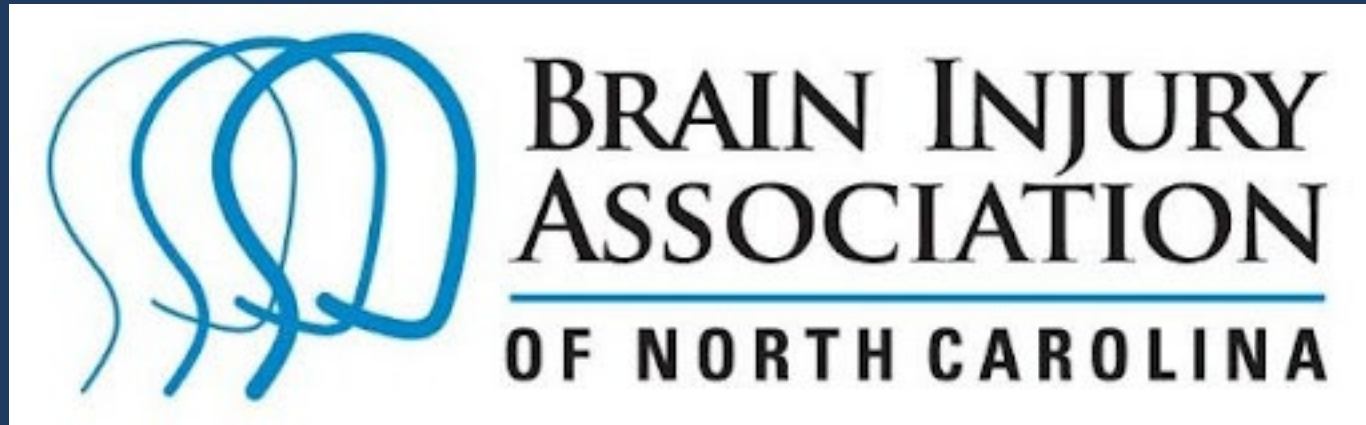


SAVE THE DATE

2027 conference: March 15-17, Raleigh

- Three days of education, community, and connection in Raleigh
- New this year: an added advocacy day for the Brain Injury Trust Fund
- Call for Speakers! If you or someone you know is interested in presenting, reach out to btimblin@bianc.net





Contact

Jen Kimbrough, PhD, Executive Director jkimbrough@bianc.net

Molly Hastings, Statewide Training Manager



Atrium Health

Carolinas Rehabilitation

Alliance Health TBI Learning Collaborative Community Resources

Sally Rickard, Sally Rickard, LRT, CTRS, CBIST, Community Liaison and Support
Group Leader for the Carolinas Stroke Support Group at Atrium Health Carolinas
Rehabilitation Charlotte

Knowing the Resources in your Community



Atrium Health

Carolinas Rehabilitation

Contact Information

- Sally Rickard, LRT, CTRS, CBIST
- Inpatient Therapy, Outpatient Therapy & Community
- Community Resources, Information, Training & Outreach
- Brain Injury Community Resource Coordinator
- BI Support Group Coordinator -Charlotte Area Brain Injury Network(CABIN)
- Peer Mentor Coordinator
- Carolinas Rehabilitation Address & Contact

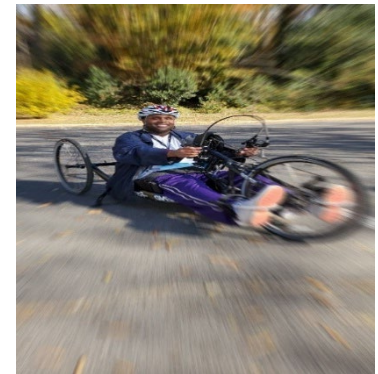
1100 Blythe Blvd, Charlotte, NC 28203, Sally.Rickard@advocatehealth.org

- Carolinas Rehabilitation: [Rehabilitation in Charlotte, NC | Carolinas Rehabilitation Charlotte](#)

Services at Carolinas Rehabilitation



- **Physiatrists-** Physicians specializing in Physical Medicine and Rehabilitation with a specialty in brain injury
- **Inpatient and Outpatient Therapy-** PT, OT, ST, Community Fitness Program, Neurocognitive Evaluations, Psychology, Driving Evaluations, Love Your Brain Yoga Classes, Other various classes through out the year
- **Research Department-** Stroke and TBI studies
- **Adaptive Sports and Adventures Program(ASAP)**



Support Groups & Resources

- Brain Injury Association of America www.biausa.org
- Brain Injury Association of North Carolina www.bianc.net
- Brain Injury Association of South Carolina www.biaofsc.com
- Trauma Survivors Network TSN@advocatehealth.org or www.traumasurvivorsnetwork.org
- American Stroke Association: www.stroke.org
- Charlotte Area Brain Injury Network(CABIN) & Stroke Support Group
Contact: Sally Rickard at sally.rickard@advocatehealth.org
- Couples Groups (Men/spouses/significant others have had a brain injury)
Contact: Barbara Westphal at wwestpha@bellsouth.net

Support Groups -Aphasia Specific

- Carolinas Rehabilitation - Aphasia Support Group Meetings

Katharine.Hoover@advocatehealth.org

- Triangle Aphasia Project www.aphasiaproject.org

- David Premo, David Premo, DTM

davidpremo@gmail.com

- Sponsor and Mentor, [*Articulate Aphasics*](#)

- [Home - Aphasia Lab \(sc.edu\)](#)

Club Houses –Day Programs

- Locations in Huntersville and Asheville www.hindsfeetfarm.org
- 2 residential homes in the Huntersville location www.gatewayclubhouse.org
- Located in Raleigh
- HASCI Services - Thrive Upstate <https://thriveupstate.org/life/hasci-services/>
(Centers in South Carolina)
- Promise Resource Network [Promise Resource Network – Consult. Train. Support. Transform.](#)

Love Your Brain Yoga

- [LoveYourBrain www.loveyourbrain.com](http://www.loveyourbrain.com)

In-Demand

[Mindset On Your Own](#)

[Mindfulness Courses](#)

[Meditation & Yoga Library](#)

Online Interactive

[Mindset Yoga](#)

[Mindset Group Discussion](#)

[Mindset Affinity Groups](#)

[Caregiver Retreats](#)

In-Person

[Community Retreats](#)

[Yoga in Rehab/Studios](#)

Trainings

[All Online Trainings](#)

[Yoga & Facilitation L1/L2](#)

[Health Professionals](#)

NC & SC Medicaid Waivers and other services

[Traumatic Brain Injury | NCDHHS](#)

[Head and Spinal Cord Injury | Department of
Disabilities and Special Needs \(sc.gov\)](#)

Non-Specific Brain Injury Resources

- [NCHPAD MENTOR - National Center on Health, Physical Activity and Disability \(NCHPAD\)](#)

- Centers for Independent Living

[ILRU Directory of Centers for Independent Living \(CILs\) and Associations | Independent Living Research Utilization](#)

- NC Department of Health and Human Services- Independent Living com [DHHS: Independent Living for People with Disabilities](#)

Return to Work

- [NC DHHS: Vocational Rehabilitation Services](#)
- [Community Partnerships, Inc. – Building inclusive communities that embrace the inherent potential of every individual](#)
- [South Carolina Vocational Rehabilitation Department \(scvrd.net\)](#)

Why is it important to know the resources in your community? How is this helpful to your patients, clients & families?

[What Social Isolation Does To Your Brain – How To Undo The Damage - Bing video](#)

[Our Epidemic of Loneliness and Isolation](#)

[Traumatic Brain Injury Factsheets | MSKTC](#)

[Staying Healthy After TBI \(msktc.org\)](#)

In Closing

**“Disability does change one’s life,
but it doesn’t mean that one no longer has a life”**

Judith Homann Assistant Secretary, Office of Education and Rehabilitation -US
Department of Education and Person with a Disability

“People don’t plateau; environments do”
David F. Seaton

Inspirational Quote

“The most important predictor of psychological well-being and satisfaction is a life that includes getting out of the house and engaging in social activities with friends.”

- Willer, Allen, Durnan & Perry, 1990







FUTURE TOPIC RECCOMENDATIONS

We would like your feedback and suggestions for future learning collaborative topics and trainings.

Please send your suggestions to Meredith Therrien at MTherrien@alliancehealthplan.org or Sonia Eldridge at SEldridge@alliancehealthplan.org



**Thank You for Joining Us.
See you in April of 2027!**

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