ABOUT US
The Brain Injury Research Center of Mount Sinai (BIRC-MS) conducts cutting-edge research, with a primary focus on addressing the challenges of living with traumatic brain injury, or TBI. Our research aims to expand what is known about the long-term challenges that people with TBI face and approaches to leading better lives after injury.

CONTACT US
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Resources for People with TBI & their Friends and Family

TBI IN THE NEWS

U.S. Soccer, Resolving Lawsuit, Will Limit Headers for Youth Players

The United States Soccer Federation recently announced new safety regulations in an effort to address head injuries in the sport. Heading the ball will be prohibited for players under the age of 10 and will be greatly reduced in practice for those ages 11 to 13.

Read more about these new regulations and other implementations put forth by the U.S. Soccer Federation here.

TBI IN THE MEDIA

On December 25th, 2015 “Concussion” will hit the big screen.

In this movie, Will Smith portrays Dr. Bennett Omau, the forensic pathologist who first discovered Chronic Traumatic Encephalopathy (CTE) as a factor in the deaths of NFL players.

Check out Vox’s coverage of this new film and watch the trailer here.
The Women’s Support Group is designed for women ages 18 and older who have had a brain injury of any kind, including TBI, cerebral hemorrhage, stroke, brain cancer, brain surgery, or any type of neurological damage.

This monthly, in-person meeting is a place where women can securely discuss the challenges they experience after brain injury, as well as learn strategies to help deal with the cognitive and emotional changes that can accompany brain injury.

The group is co-lead by a neuropsychology postdoctoral fellow and Seton Melvin, whose own experience with brain injury motivated her to found the Women’s Support Group at Mount Sinai over 20 years ago.

For more information and to find out how to join, click here.

**BRAIN INJURY ASSOCIATION OF AMERICA WEBINAR:**
**Brain Injury as a Disease (2016 Update)**

The Brain Injury Association of America has been encouraging the field of rehabilitation to embrace the concept that traumatic brain injury is the beginning of a lifelong chronic condition/disease. Dr. Brent Masel, the National Medical Director of the Brain Injury Association of America and a crucial part of this process at the time, will be running a webinar to update attendees on progress in science, medicine, and rehabilitative practice in the field of TBI.

To hear about these updates firsthand, attend this BIAA-hosted webinar being held on **JANUARY 13th, 2016**. Register for this event or other upcoming webinars here.
DIG DEEP:

A rehabilitation neuropsychologist reflects on the strength and resilience of people reinventing their lives after a traumatic brain injury.

Kristin Dams-O’Connor, PhD, Associate Professor and Co-Director of the BIRC, shares a few stories about the ways in which some of her patients prove to be truly resilient after suffering from a traumatic brain injury.

“I cannot promise all my patients that things will turn out as they wish, but I can tell them that the human spirit is amazingly resilient. People can (and do) thrive in the face of devastating loss.”

Read more about stories she shares here.

Email us at birc@mountsinai.org and tell us what you would like to learn more about so that we can cover it in one our next issues!

FACTS ABOUT CONCUSSION AND BRAIN INJURY:

Want to know more about traumatic brain injury and concussions? Questioning whether or not you or someone you know is suffering from a brain injury? Learn more about the potential danger signs in both adults and children as well as some tips for healing and helpful resources here.

Resources for Healthcare Professionals

Assembly Holds Public Hearing on Brain Injury

“The Assembly Committee on Health, Committee Mental Health & Developmental Disabilities and the Assembly Task Force on People with Disabilities had a public hearing on October 8th in Albany. The committees and Task Force received oral and written testimony from patients and their families, clinicians, service providers, and the Department on topics including the incidence, severity and consequences of TBI; treatment and service appropriateness and availability, including the rights of patients sent out-of-state; and issues relating to the transition of the TBI Waver program to managed care.” -BIANYS

The hearing can be watched online (in two parts):

Part One of Testimony
(https://nystateassembly.granicus.com/MediaPlayer.php?view_id=8&clip_id=2722)

Part Two of Testimony
(https://nystateassembly.granicus.com/MediaPlayer.php?view_id=9&clip_id=2723#)
ONLINE GROUP TREATMENT OF EMOTIONAL DYSCONTROL

We are seeking people who have had a TBI, are at least 6 months post injury, and experience any of the following:

- Trouble understanding emotions
- Losing temper
- Difficulty controlling behavior
- Struggling to get things done when upset
- Taking emotions out on others when upset
- Feeling upset or crying for no reason

The research study will evaluate how easy it is to learn skills to help deal with these problems by participating in online group therapy. Participants do not need to come into our center to take part in this study.

Compensation will be provided for your time. If you are interested, please call Gabrielle Guetta at (212)-241-0818 or email her at gabrielle.guetta@mountsinai.org

TBI AND HEALTH IN OLDER ADULTS: AN EXPLORATORY STUDY

The Brain Injury Research Center at Mount Sinai Medical Center is seeking people who had a traumatic brain injury (TBI) when they were at least 40 years old, are at least 1 year post injury, and were hospitalized for this injury.

Interested individuals will have the opportunity to participate in either 1 or 2 interviews designed to learn more about brain injury and aging.

Interviews can be completed over the phone or in person and will include the following:

- a brief test of your thinking abilities
- questions about your health & functioning after your brain injury.

Compensation will be provided for your time. If you are interested, please call Lauren Nelson at (212)-241-5190 or email her at lauren.nelson@mountsinai.org
A Farewell in the BIRC

For the past six years, Michael Nguyen has been one of the research coordinators working on the Traumatic Brain Injury Model Systems (TBIMS) program, the largest TBI outcome study in the world. While a part of this national study, he has contacted over 300 research participants to complete follow-up interviews. At the end of this month, he will be moving on from the Brain Injury Research Center to pursue further education. We wish him all the best in his future endeavors!

Gabrielle Guetta will be taking over his responsibilities for this study and can be reached by phone (212-241-0818) or e-mail (gabrielle.guetta@mountsinai.org) if you have any questions or concerns.

Links from this Newsletter

The URLs below correspond to the links in this newsletter. If you are unable to open up a link in this newsletter, simply copy and paste the corresponding link below into your web browser for easy access!

**Resources for People with TBI & their Friends and Family**

*TBI IN THE NEWS*

*TBI IN THE MEDIA*

*WOMEN’S SUPPORT GROUP AT MOUNT SINAI*
- [http://icahn.mssm.edu/research/centers/brain-injury-research-center-of-mount-sinai/support-group](http://icahn.mssm.edu/research/centers/brain-injury-research-center-of-mount-sinai/support-group)

*BRAIN INJURY ASSOCIATION OF AMERICA WEBINAR: BRAIN INJURY AS A DISEASE (2016 UPDATE)*
- General- [http://www.biausa.org/biaa-events.htm](http://www.biausa.org/biaa-events.htm)
Resources for People with TBI & their Friends and Family Continued

FACTS ABOUT BRAIN INJURY & CONCUSSION
   • http://www.brainline.org/content/2009/06/facts-about-concussion-and-brain-injury_pageall.html

DIG DEEP
   • http://journals.lww.com/neurologynow/Fulltext/2015/11050/Dig_Deep__A_rehabilitation_neuropsychologist.35.aspx

Resources for Healthcare Professionals

PART ONE OF TESTIMONY
   • http://nystateassembly.granicus.com/MediaPlayer.php?view_id=8&clip_id=2722

PART TWO OF TESTIMONY
   • http://nystateassembly.granicus.com/MediaPlayer.php?view_id=9&clip_id=2723#

To update your email address or unsubscribe from this newsletter, email us at birc@mountsinai.org.

Feel free to share this information with friends and family. Happy reading and be on the lookout for future updates and announcements!

Stay connected to the BIRC on the Web!

BIRC Website Link

BIRC Facebook

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