

Online Resources:

All about brain injury and PTSD

<https://www.brainline.org/>

BrainLine is a national multimedia project offering authoritative information and support to anyone whose life has been affected by brain injury or PTSD: people with brain injuries, their family and friends, and the professionals who work with them. BrainLine also provides military-specific information and resources on traumatic brain injury and post-traumatic stress disorder (PTSD) to veterans, service members, and their families. Through video, webcasts, articles, personal stories, research briefs, and current news, those whose lives have been affected can learn more about brain injury symptoms and treatment, rehabilitation, and family issues associated with care and recovery. There are resources written by brain injury survivors, caregivers, professionals, and military/veterans. There is a special category dedicated to children and adolescents with TBI and information related to PTSD.

The **Internet Stroke Center's** mission is to advance understanding of stroke research and clinical care. Our goal is to provide current, professional, unbiased information about stroke. The information on this site is obtained from published accounts, meeting presentations, Web searches, and direct correspondence. This site addresses issues specific to stroke.



<http://www.strokecenter.org/>

TryMunity is a support-based network for individuals who have suffered from a brain injury, as well as their caregivers, medical professionals, and more. Our goal is to provide the best in educational resources, [stories of hope and love](#), and inspirational articles, [survivor videos](#) and links for those who know what it's like to live with a brain injury. We understand that brain injuries come in many forms, including [traumatic brain injuries](#) and [acquired brain injuries](#), and our main function is to give a voice to those affected by brain injury. TryMunity's story began with tragedy but blossomed into hope. On May 21, 2011, Mike Black was involved in a terrible traffic accident that ejected him 40 feet from his vehicle, where he landed on his head. This ultimately put Mike into a coma, and his prognosis was grim. Following his lengthy recovery, Mike began searching for others online with whom he could discuss his experience. While he was able to find a number of resources, there was no one single place to connect with others. As a result, TryMunity was created to offer those affected by traumatic brain injury a welcoming home to interact with others.



<https://www.trymunity.com/>

Since its launch in 2013, the **Brain Injury Hope Network** has become a global support network that includes a vibrant Facebook community, a YouTube video channel, a Twitter presence, as well as an award-winning blog. Monthly, tens of thousands of social interactions within our network help end the isolation that is so common within the brain injury community. Additionally, the network offers a publication called Hope, available for purchase from Amazon or for free digitally. HOPE Magazine is a monthly publication that features timely articles offering insight and perspectives from brain injury survivors, caregivers and family members as well as members of the professional and support community.



<http://www.tbihopeandinspiration.com/>



Shepherd Center

2020 Peachtree Road, NW Atlanta, GA 30309-1465 404-352-2020 shepherd.org



<https://www.loveyourbrain.com/>

On December 31st, 2009, professional snowboarder Kevin Pearce sustained a life-threatening traumatic brain injury (TBI) before the 2010 Vancouver winter Olympics. What followed was a remarkable healing journey, captured in the HBO Documentary 'The Crash Reel.' This film brought to light the prevalence and complexity of TBI around the world. In meeting millions of people on the film's global tour, Kevin and his brother Adam began to realize that while each person's injury and story are unique, the pathway to healing is dependent on **community** and **resilience**. Today, **LoveYourBrain** is the leading organization providing holistic support to the TBI community. We're a thriving nonprofit rapidly growing across the US and Canada. We're a partner to world-renowned hospitals and community yoga studios in 60+ locations. We're a small and mighty team that values inclusive community, growth, and resilience. It's why more than 50% of our team has their own lived experience with TBI.

Podcasts:

www.hopeheals.com

Katherine and Jay Wolf—survivors, communicators, and advocates. Originally from the South, they met in college, married, and moved to Los Angeles to pursue law school for Jay and the entertainment industry for Katherine. Their son James was born in 2007 and just six months later, Katherine miraculously survived a catastrophic stroke caused by a congenital brain defect she never knew she had. After a sixteen-hour brain surgery, forty days in the ICU, a year in neuro rehab, and eleven operations, she continues her recovery to this day. In 2015 she gave birth to miracle baby "John Bomb". Since 2008, they've have been disrupting the myth that joy can only be found in a pain-free life through speaking events, best-selling books, a thriving online community, and Hope Heals Camp for families affected by disability. Today they live in Atlanta with their two boys.

Films:

The Crash Reel The dramatic story of one unforgettable athlete, Kevin Pearce; one eye-popping sport, snowboarding; and one explosive issue, traumatic brain injury. Through 20 years of astounding action and verité footage, the documentary chronicles the epic rise of snowboarder Kevin Pearce which culminates in a life-changing crash and a comeback story with a difference. Directed by Oscar®-nominated filmmaker Lucy Walker. This film can be ordered through Loveyourbrain.com (see above).

Whoamitostopit.com A documentary about the traumatic brain injury community made by a filmmaker with disabilities from brain injury. It follows three artists as they navigate social isolation, stigma, and rebuilding their identities. They practice the arts to reconnect to their own sense of self-pride and to their larger communities. Rather than emphasize the injuries themselves or highlight medical aspects of disability, they explore consequences of institutional and internalized ableism. Through visual arts, music, and personal narrative, the subjects explore questions around poverty, sexuality, faith, family, success, and community. *Who Am I To Stop It* deftly uncovers what lies beneath the surface for so many peers with brain injury and their communities. This film can be watched free on Kanopy (available from many public libraries) or the DVD purchased from whoamitostopit.com. On this website, you can also find the link to the Pigeonhole Podcast, another eclectic resource disability for survivors (brain injury and other)



Crip Camp: A Disability Revolution In the early 1970s, teenagers with disabilities faced a future shaped by isolation, discrimination and institutionalization. Camp Jened, a ramshackle camp “for the handicapped” (a term no longer used) in the Catskills, exploded those confines. Jened was their freewheeling Utopia, a place with summertime sports, smoking and make-out sessions awaiting everyone, and campers experienced liberation and full inclusion as human beings. Their bonds endured as many migrated West to Berkeley, California — a hotbed of activism where friends from Camp Jened realized that disruption, civil disobedience, and political participation could change the future for millions. This movie is not brain injury specific but provides a wide range of differing abilities and one story of how social change came to be.

Reading Suggestions:

- *A Hard Chance: Sailing into the Heart of Love* by Tom Gallant
- *A Three Dog Life* by Abigail Thomas
- *A Wonderful Stroke of Luck: From Occupational Therapist to Patient and Beyond* by Janet R Douglas
- *Broken Arrow Boy* by Adam Moore
- *Chicken Soup for the Soul: Recovering from Traumatic Brain Injuries* edited by Amy Newmark
- *Crash: A Mother, a Son, and the Journey from Grief to Gratitude* by Carolyn Roy-Bornstein
- *Falling Away from You: One Family's Journey Through Traumatic Brain Injury* by Nicole Vinson Bingaman
- *He Never Liked Cake* by Janna Leyde
- *Head Cases: Stories of Brain Injury and Its Aftermath* by Michael Paul Mason
- *Headstrong: Surviving a Traumatic Brain Injury* by JoAnne Silver Jones
- *Hope Heals* by Katherine and Jay Wolf
- *I am the Central Park Jogger* by Trisha Meili
- *I'll Be OK, It's Just a Hole in My Head* by Mimi Hayes
- *I'll Carry the Fork!* by Kara L. Swanson
- *In an Instant: A Family's Journey of Love and Healing* by Lee Woodruff
- *Learning by Accident* by Rosemary Rawlins
- *Life Out of Order* by Sally Laux
- *Life with A Traumatic Brain Injury* by Amy Zellmer
- *Living with Stroke: A Guide for Patients and Their Families* by Richard C. Senelick
- *Lost in My Mind: Recovering from Traumatic Brain Injury* by Kelly Bouldin Darmofal
- *Love you Hard: A Memoir of Marriage, Brain Injury, and Reinventing Love* by Abby Maslin
- *Mindstorms: Living with Traumatic Brain Injury* by John W Cassidy
- *My Stroke of Insight* by Jill Bolte Taylor
- *My Year Off: Recovering Life After a Stroke* by Robert McCrum
- *Over My Head: A Doctor's Own Story of Head Injury from the Inside Looking Out* by Claudia L Osborn
- *Prayers from Fiji* by Ellen Murkison
- *Relentless: How a Massive stroke Changed My Life for the Better* by Ted W. Baxter
- *Rise and Shine* by Simon Lewis
- *Stroke Recovery Book: A Guide for Patients and Families* by Kip Burjkamn
- *Successfully Surviving A Brain Injury* by Garry Prowe
- *Suffer Strong* by Katherine and Jay Wolf
- *Tell Me Everything You Don't Remember: The Stroke That Changed My Life* by Christine Hyung-Oak Lee
- *The Day My Brain Exploded* by Ashok Rajamani
- *The Diving Bell and the Butterfly: A Memoir of Life in Death* by Jean-Dominique Bauby
- *The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them* by Judy Biermann and Barbara Toohey
- *To Love What Is: A Marriage Transformed* by Alix Kates Schulman
- *Where Is the Mango Princess? A Journey Back from Brain Injury* by Cathy Crimmins



Additional Comments:

