

Concussion Hits Home



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Support

- ▶ OBIA has been helping and supporting people for over 30 years



Awareness

- ▶ Very little work and awareness about brain injury and domestic violence or intimate partner violence has been addressed
- ▶ Until recently Canada has been largely silent on this issue



Concussion Hits Home Campaign



Our Message

- ▶ We must speak up and support those who have sustained brain injuries through intimate partner violence



Our Goal

- ▶ Survivors receive the appropriate treatment and support



Supports Available

- ▶ 1-800 Helpline
- ▶ Peer Support
- ▶ Educational Support
- ▶ Resources
- ▶ Emotional Support



Online Support Concussion Group

- The concussion group to be a “safety” net for those who have no-where else to turn
- Is a safe place where one can share their frustrations and struggles and connect with others who have had similar experiences.
- Improve for growth, change, and social connections across Ontario.



Online Concussion Support Group Overview

- Groups are a powerful resource for individuals dealing with isolation.
- Access to collective strength

Who need....

- Education, Awareness, and Resources
- Above all Emotional Support



Online Concussion Support Group Structure

Curriculum-Based:

- Psycho-Education around Concussion/Strategies
- Building resilience
Self-compassion, self-care, CBT, and Mindfulness

Topic Focused:

- Discussions are focused upon the interests of the group

Open-forum

- Discussion topics vary as members bring them up (resources and network)



Online Concussion Support Group

After Registration...

- Pre –Group Screening Assessment (informed decision about group)
- During group – one –on–one support when needed
- After group – check–in and connected with continue support.

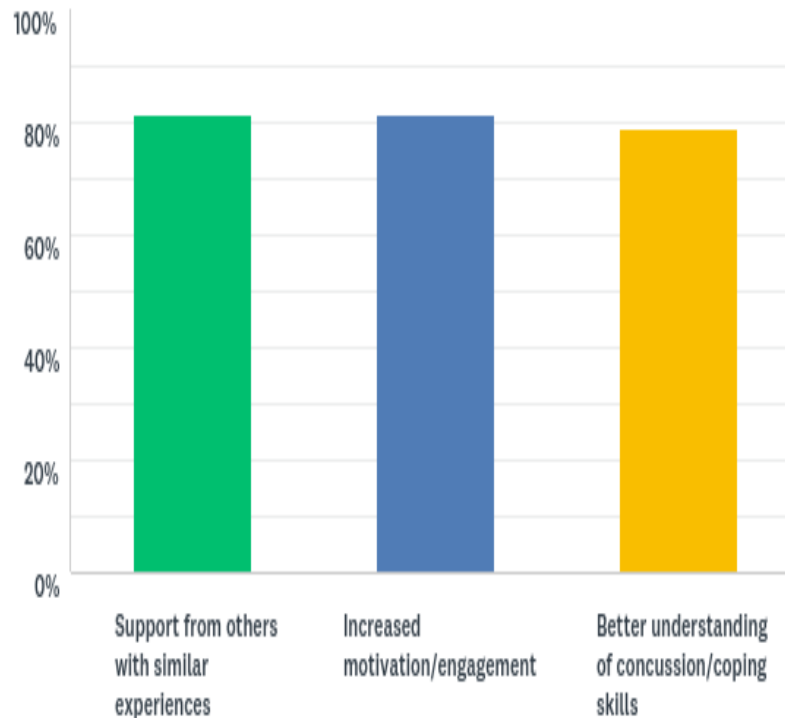
On Line Concussion Support Group Pre-Survey

Q5 What are your goals/expectations from the online support group

Support from others 81.58%

Increased motivation 81.58%

Better understanding 78.95%

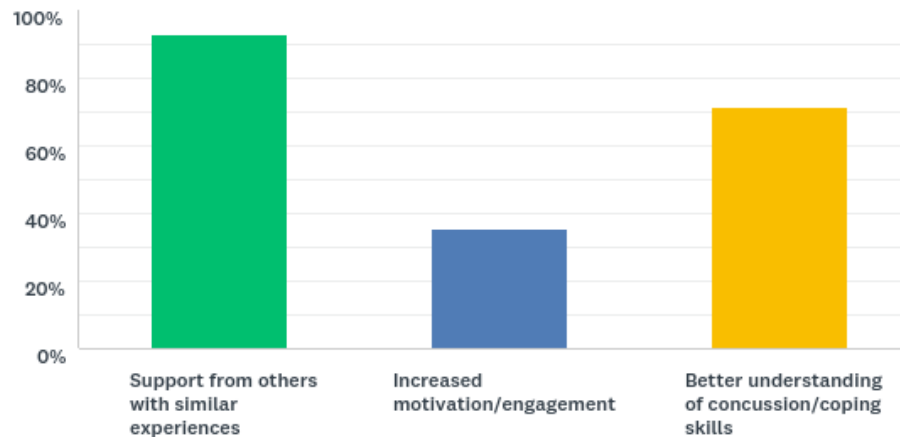


On Line Concussion Support Group Post –Survey

Q3 Which of the benefits listed below have you gained from your online support group experience?

Support from others 92.86%

Better understanding of concussion/ coping skills 71.43%



Key Findings

From the First 5 Groups

- ❖ 92.86% – Felt they gained emotional support from group
- ❖ 71.43% – Felt their Education/coping skills had increased

Things We Learned

- ❖ Would like the length of the sessions increased
- ❖ More time for CBT work
- ❖ More time to work on trauma



Shining Light on Traumatic Brain Injury and Domestic Violence

- ▶ Story... about one of our previous group member
- ▶ (Jan) –Not real name
- ▶ Jan, currently volunteers in local women shelter and encourages other survivors to seek medical help.
- ▶ Education and greater awareness of Concussion in domestic violence shelters.

Implications of the Project

Client Care

- Empowers clients, reduces isolation and provides emotional support

Knowledge Translation

- Supports clients in a field where very little supports are available

*It is the Bridge that Connects
Medical team and Community*



We are Here to Help

- ▶ **Helpline**

1-800-263-5404

- ▶ **Email**

support@obia.on.ca



Thank You!



Toll-free Helpline:
1-800-263-5404