

Brain Injury Alliance of Connecticut (BIAC)

Connecticut's partner in brain injury prevention & recovery for more than 30 years.

An independent, non-profit organization dedicated to supporting individuals with brain injuries, their families, and caregivers while increasing awareness of brain injury and its prevention.

Brain Injury Alliance of Connecticut
200 Day Hill Rd
Suite 250
Windsor, CT 06095

www.biact.org
860 - 219 - 0291
800 - 278 - 8242

Find us on Facebook 

Who Is BIAC?

Formerly known as the Brain Injury Association of Connecticut, BIAC was founded in 1981 by the families of brain injury survivors and the social service professionals assisting them. BIAC's original mission was to advocate for specific rehabilitative services and improved care. After incorporating in 1982, that mission expanded to include prevention.

Today, our mission remains two-fold and efforts toward these dual objectives continues to grow.

As a partner in prevention, we work with individuals, organizations, schools, communities and government to reach and educate everyone, about both the causes and realities of brain injury.

As a resource in recovery, our brain injury specialists work to ensure that survivors and their families are connected to the appropriate services and professionals. We also work to facilitate both independent living and meaningful inclusion at home, at school, in the community and at work.

What We Do

The following programs and services are among the many initiatives sponsored by BIAC In support of brain injury survivors, their families and caregivers, professionals, and the community.

Individual Consultation

Through BIAC's *HelpLine*, brain injury specialists provide individual support and guidance to survivors and caregivers to ensure that the often complex and overwhelming challenges they face are negotiated more easily and effectively.

Statewide Support Groups

BIAC sponsors numerous support groups throughout Connecticut that provide information, support and encouragement to survivors, their loved ones and their caregivers.

Outreach and Education

BIAC works to increase awareness and understanding of brain injury and its prevention through school, professional and community presentations. Professionals in the brain injury community can also attend BIAC's Annual Conference to learn the latest developments in the field.



BIAC

Resources & Events

- Brain Injury Awareness Month
- Annual Conference
- Legislative Action Day
- Community awareness presentations to over 7000 people annually
- Brain Injury Specialists responding to over 4000 contacts a year
- 30 Support Groups
- Walk for Thought fundraiser
- Ongoing legislative advocacy
- Online resources
- BIAC BUZZ Newsletter
- Brainwaves, a research-oriented publication
- Signal Newsletter

BIAC provides information on numerous issues and topics, including:

- **Navigating life's challenges after a brain injury** and offering support along the way.
- **Connecticut resources** for survivors including linkages to state agencies, legal services, acute care, rehabilitation programs and specialists within the brain injury community
- **Returning to work, school and the community**, including the use of "natural supports" and strategies to make performing activities of daily living possible
- **BIAC support groups**, located throughout Connecticut for survivors, families, caregivers and veterans. Specialized groups are also available
- **The Acquired Brain Injury Waiver**, a Medicaid home and community-based services program
- **Leisure activities**
- **Community programs for all levels**, from preschool to adults, from sports concussions to the most serious brain injuries and everything in between

We're here to help

If you have a need, call us. And if you have a question, ask. While we may not have all of the answers, we do have plenty of experience, along with access to a network of professional providers and programs.

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PREVENTION PROGRAMS

Often, the types of events that lead to brain injury simply may be beyond our control, however, brain injury prevention and management education can impact the rate of occurrence and the after-effects. BIAC offers several school programs, beginning with preschool all the way through high school, as well as professional education and training programs.

I.M. Brainy Bear

A preschool prevention program using our "Brainy Bear" puppet, and a variety of games and songs to teach children about their brain and proper safety behaviors.

Ages 3-5; 30 minutes

Street Smart

An early elementary school prevention program using a video, games and interactive discussion to teach safe behaviors, such as wearing seat belts, water safety, school bus safety and bicycle safety.

30 minutes; Grades: K –2

What's the Big Deal Anyway?

A third-to-fifth grade level presentation focused on bike safety and the importance of wearing seat belts, featuring interactive games, activities, discussion and a short video.

45 minutes; Grades: 3 - 5

Your Brain: Why it's "NOT JUST a Concussion"

A presentation for middle school students that provides information about the brain, brain injury and recognizing the signs

and symptoms of concussions. This presentation uses a video, a game that teaches students about neural connections and activities that demonstrate the consequences of brain injury.

45 minutes; Grades: 6 – 8

On the Edge

A prevention program for high school students that utilizes a video and PowerPoint presentation to explore the potential consequences of risky behaviors.

45 minutes - 1 hour; Grades: 9-12

Use your Head

A powerful high school level prevention program in which a brain injury survivor shares his or her story- including what life is like after a brain injury. General information about brain injury and brain injury prevention is also provided.

45 minutes – 1 hour; Grades: 9-12

Sports & Concussions

A prevention program designed for athletes, parents and/or coaches, which addresses recognition of the signs and symptoms of concussion, as well as concussion prevention and management.

45 minutes – 1 hour; all ages and grade levels Parents, Coaches, Teachers; Professionals

If you do not see the presentation you want, please contact Deb Shulansky at 860-219-0291 x302, or email her at dshulansky@biact.org. Deb will create a program tailored to meet your school's or organization's specific needs. Presentations are free of charge.



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