



# HEAD STRONG Families

*An Outreach in Support of Youth and their Families Following Traumatic Brain Injury*

Welcome to the inaugural issue of *HeadStrong Families*. This newsletter is meant to reach out to the families of children who have experienced a traumatic brain injury, so that they can be the positive force in their child's life that is necessary for their child's healing journey.

First, let us tell you a bit about the values and mission of *HeadStrong* and its newsletter. We believe that every child is a unique and important part of their society and the world as a whole. We believe that each child's brain is not merely a physical organ, but is also the thoughtful (mind) and meaning driven (spiritual) part of each child's developing sense of self. Therefore, we believe that every child deserves to be nurtured in social environments that are respectful and fostering to their complete sense of self, from the time of their initial trauma and throughout their life.

The child's family is their refuge and their advocate for their well-being throughout their recovery process. Our organization wants to be supportive to the family, so that they can be that refuge and advocate for their child, without having consequences on their own health and well-being. Our mission will be to provide a network of caring support to the children who have experienced a brain injury, as well as to their parents, siblings, and extended family members.

We plan to achieve this mission by providing educational articles and helpful information meant to support your family in each newsletter. We will also build a network of support via email and/or phone, and finally we

will provide opportunities to gather with other like-minded and caring families where the only goal is to just let go and have fun.

So here is what we need from you: We want this newsletter to meet your family's needs. Therefore, what topics would you like to see covered in future newsletters? Please don't assume you are the only one who has that question. It is likely that if you have the question, so does someone else. All inquiries will be kept confidential, so please don't be embarrassed to ask about any topic! As the person producing the newsletter, I will do my best to research and answer your questions and provide you helpful resources. We would also like to know what types of social events your family would like to participate in.

My name is Cecelia Roscigno and I am a doctoral nursing student at the University of Washington. I have worked with children and families following traumatic brain injury for several years now. It has been my professional goal to help facilitate more healing social environments for the children and their families following a child's brain injury. I have offered to help and support Desiree Douglas, who first founded this supportive organization for parents and children. Please feel free to email me with your ideas or questions at: [graymtr@u.washington.edu](mailto:graymtr@u.washington.edu) or call me at 425-301-1281. I look forward to working with your group.

Sincerely,  
Cecelia Roscigno

## Calendar of Events



The February Family Pool Party at Bellevue pool was a huge success! Several families showed up and swam, talked, laughed and ate goodies! Desiree reported that everyone was having so much fun that she didn't even have the heart to discuss any future business. That is just what should be happening!

Don't Forget March's Family Get-Together at *The Greens*  
Sunday Mar 25 2007  
from 5pm - 8pm  
17825 3rd N.E.  
Shoreline WA 98155

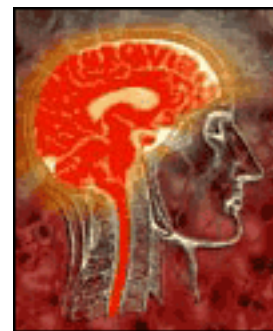
Caregivers/T-Mama's Dinner  
Wed Mar 7  
6:30pm - 9:30pm  
9261 45th Avenue SW  
Seattle WA 98136

Did you know March is Brain Injury Awareness Month?

Visit:

<http://www.biausa.org/media.htm#March>  
for more information and for free downloadable materials or kits that you can send for.

*As promised, we are moving the T-Mama dinner around the Seattle Area to share the driving. This month we are having dinner at Endolyne Joe's in West Seattle, just up from the Fauntleroy Ferry. Great American food from all the regions, Desiree*



# Items on Our Agenda



## Tote-Bags for Parents

HeadStrong will be putting together a booklet to give to parents of children with TBI, whose child is a patient in the ICU at Harborview. These booklets will be included in tote-bags that also supply supportive items for the parents. We would like to personalize this booklet with stories of hope and encouragement from children and parents who have lived through this experience and are now ready to share their wisdom and compassion. If you have a story or poem that you would like to share please email it to Cecelia Roscigno at: [graymtr@u.washington.edu](mailto:graymtr@u.washington.edu)

## ListServe



Headstrong has created a Listserve so we can still be a point of connection to those families that are unable to make meetings or to all in between meetings. This will allow family members to ask questions or reach out for support at any time. There

will also be a separate list that you can sign up for if you would like the newsletter delivered to your email inbox. The email addresses or names from either list will always remain confidential. You will always have the option to remove yourself from this list at anytime.

## Board of Directors

Now that HeadStrong is broadening its mission, it is important to bring on a Board of Directors. Desiree and Cecelia are speaking with individuals that we think will help us fulfill our mission in the local hospitals, that care for individuals with TBI, as well as within our communities. This will allow us to advocate for improved supportive services from the ICU experience to within the community. If you have any ideas we'd love to hear them!

