

Heads Up! Durham – Awareness 2 Action



Volume 2 – Spring 2021

What is Heads Up! Durham?

Heads Up! Durham, a community mobilization focusing on brain injury awareness, prevention and enhanced support, was initiated in 2015 by Linda Lowery, Ted Dionne and Garrett Bell following Garrett's Catastrophic Brain Injury in 2008. As a family, they wanted to mobilize their community and hopefully help save others from this largely preventable tragedy:

www.HeadsUpDurham.ca

Vision:

Durham Region: a community where brain injury awareness, prevention and support is evident in all aspects of our lives as we learn, work and play.

What is a TBI?



What is a Concussion?



A **traumatic brain injury (TBI)** occurs from sudden trauma which causes damage to the brain. TBI can happen when the head suddenly and violently hits an object or when an object pierces the skull and enters brain tissue.

A **concussion** is a form of brain injury which can be caused by a sudden acceleration of the head and neck resulting from a blow or contact to the body. You do not need to lose consciousness to have sustained a concussion. Concussions can occur from many different activities including falls, assault, motor vehicle collisions, sports or being struck by an object.

For further information: <http://obia.ca/brain-injury-information/>

Heads Up! Durham – Team:

Members of our Steering Committee team include:

Co-founders Linda Lowery (Chairperson), Ted Dionne (Vice-Chairperson) and Garrett Bell, Injury Prevention Advocate; Brain Injury Association of Durham, Complex Injury Rehab, Durham District School Board, Durham Catholic District School Board, Durham College, Durham Regional Police Service, Go Transit, Lakeridge Health, March of Dimes, Ministry of Transportation Ontario, Personal Attendant Care

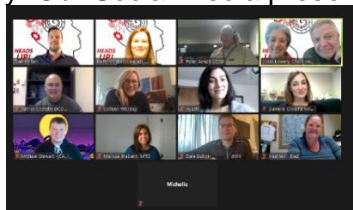
Community representatives: Kerry Corbett and David MacDonald

****For information regarding our committed team, please visit:**

<http://www.headsupdurham.ca/steering-committee.html>

Heads Up! Happenings 2020:

Throughout 2020, a most challenging year and our 5th anniversary, we maintained regular virtual Zoom meetings and continued to focus on awareness, prevention and enhanced support for brain injury! Our Social Media presence remained strong!

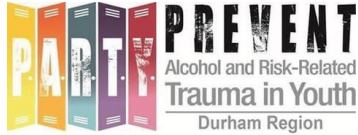


Heads Up! Durham – Awareness 2 Action



Volume 2 – Spring 2021

Durham Region P.A.R.T.Y. Program!!:



Spring 2020: Durham Region became an official site for Sunnybrook Hospital's P.A.R.T.Y. program (Prevent Alcohol and Risk-related Trauma Among Youth)!! <http://partyprogram.com/>
Durham Region P.A.R.T.Y. is a countermeasure of Durham Region's Vision Zero initiative.

Committee: Linda Lowery (Chairperson), Ajax Fire, Brain Injury Association of Durham, CAA, Durham District School Board, Durham Catholic District School Board, Durham Regional Police Service, Garrett Bell - Injury Prevention Advocate, GO Transit, Lakeridge Health, MADD – Durham, Ministry of Transportation Ontario, Municipality of Clarington Fire, Personal Attendant Care, Paramedic Program - Durham College, Sarah Ginn - Injury Ambassador; Vision Zero, Regional Municipality of Durham.

Sincere appreciation is extended to the financial sponsors of Durham Region P.A.R.T.Y.:
Ministry of Transportation Ontario and Durham Region Vision Zero



Durham Region P.A.R.T.Y. is being presented in memory of Superintendent Adam Kelly, Durham Regional Police Service, 1971-2018, founding member of *Heads Up! Durham*.

1st Annual Rowan Stringer Commitment to Caring Scholarship:

This scholarship is presented to a graduating Durham Region student who is going into the helping professions like Rowan Stringer planned to do prior to dying from Second Impact Syndrome (a second concussion occurs before the first concussion has properly healed).



June 2020: 1st annual Rowan Stringer Commitment to Caring Scholarship was awarded to Jessica Head, a graduate of Henry St. HS, Durham District School Board. Congratulations Jessica!!

<http://www.headsupdurham.ca/scholarship-opportunity.html>

Coming up: Check with your school, or our website, for information on this year's scholarship opportunity!



Volume 2 – Spring 2021

Employment Support Workshop: October 2020

Heads Up! Durham presented a virtual workshop in Oct. 2020 to help those looking to gain employment or return to work following a concussion or traumatic brain injury.

Visit our website to hear from:

Garrett Bell – A Survivor’s Story; Garrett’s story is a story of hope.

Tom Moutsatsos, Employment Lawyer and Partner at Hicks Morley, Employers - The Duty to Accommodate

Holly Britton, Acting Director of People Development and Learning, DRPS, The Hiring Process - Employer’s Point of View

**Printable tools and extensive resources on the website complete this initiative:

<http://www.headsupdurham.ca/employment-support-workshop-oct2020.html>

5th Anniversary: Fall 2020!



Looking Back: on 5 years of community action (2015 to 2020)!!:

2020 marked the 5th anniversary of dedicated action by our team to shine a light on traumatic brain injury and promote prevention. Unfortunately, circumstances prevented us from celebrating with our community the way we would have liked to.

Join us as we take a look back at some of the initiatives and connections we made:

Community Launch, Fall 2015:

Keynote presentations by Dr. Gabriella Ilie, St. Michael’s Hospital and Garrett Bell.



One year anniversary conference, Fall 2016:

Presentations by Gordon and Kathleen Stringer and Garrett Bell.



Gordon Stringer presented a very moving account of their journey to becoming advocates for concussion law in Ontario following the tragic death of their daughter, Rowan: Rowan’s Law

<https://www.ontario.ca/page/rowans-law-concussion-safety>

Heads Up! Durham – Awareness 2 Action



Volume 2 – Spring 2021

Heads Up! Durham ‘On the Go’!

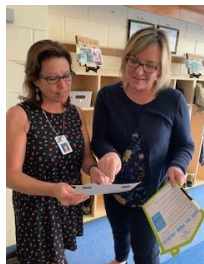
Concussion awareness cards were distributed to Go travellers who were invited to enter a draw on our website.



Unmasking Brain Injury:



Garrett Bell was the keynote speaker at this initiative put on by the Brain Injury Association of Durham Region



Parachute’s fall prevention resources were distributed by *Heads Up! Durham* to the Directly Operated Child Care Centres for the Region. Falls are a leading cause of brain injury for little ones. <https://parachute.ca/en/>



Heads Up! Durham – Awareness 2 Action



Volume 2 – Spring 2021



June- Brain Injury Awareness Month 2016:



Durham Region Vision Zero:



At the launch of Durham Region Vision Zero:

<https://www.durham.ca/en/living-here/resources/Durham-Vision-Zero-Report.pdf>



Heads Up! Durham – Awareness 2 Action



Volume 2 – Spring 2021



September 25, 2019:
Linda and Garrett co-presented at
Durham District School Board's
Safety Week Presentation

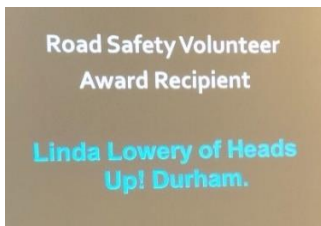


Participating at Racing Against
Drugs Durham with a Pit Stop
on helmet safety.



Garrett and Linda presented at an
Ontario Brain Injury Association
(OBIA) Conference

Ministry of Transportation Road Safety Award, 2017:



Pictured with fellow Road Safety Award recipients:
Sgt. Kerry Schmidt, Highway Safety Division, OPP and
Pat Cliché, Ontario Injury Prevention
Practitioners Network (OIPPN)

Heads Up! Durham – Awareness 2 Action



Volume 2 – Spring 2021

December 2019: Linda and Kerry Corbett at Rogers Hometown Hockey in Whitby:



Kerry providing information to teachers at the Durham Catholic District School Board



Heads Up! Durham and Durham Region Health Department educating hockey coaches in Clarington about concussions.

5th Anniversary Congratulations from Ruth Wilcock, ED, Ontario Brain Injury Association



Enhancing lives for more than 30 years...

Wednesday, December 2, 2020

Linda Lowery, Chairperson
Heads Up! Durham

Dear Linda,

I want to share my sincerest congratulations on Heads Up! Durham's fifth anniversary. I simply cannot believe how quickly time has passed since you first spoke to me about your vision for Heads Up! Durham.

What you have accomplished in such a short time is so admirable. Your passion, your compassion and your drive to make a difference for those who have sustained brain injuries is to be commended.

I have had the opportunity to hear your son Garrett speak of his injury and the impact it had on his life and your family. It is amazing to see how far he has come.

I know that part of your mission is to bring awareness to brain injury and to promote prevention. Heads Up! Durham has been very successful in shedding a light on brain injury in the Durham Region and beyond.

Thank you for all that you do and I wish you and Heads Up! Durham all the best in the years to come.

Sincerely,

Ruth Wilcock
Executive Director

Heads Up! Durham – Awareness 2 Action



Volume 2 – Spring 2021

Check it Out:

Brain Injury Canada: New resource website for survivors, caregivers and professionals:
<https://braininjurycanada.ca/en/node/3>

Ontario Brain Injury Association (OBIA): Online Resource for Caregivers; complimentary brain injury webinars for professionals, April 22-June 3; online support groups. <http://obia.ca/>

Brain Injury Association of Durham (BIAD): <https://biad.ca/>

Intimate Partner Violence (IPV) and TBI: Abused and Brain Injured Toolkit:
<https://abitoolkit.ca/>

Injury in Review, 2020 Edition: Spotlight on TBI's Across the Life Course
[Injury in review, 2020 edition: Spotlight on traumatic brain injuries across the life course - Canada.ca](http://injuryinreview.ca/spotlight-on-traumatic-brain-injuries-across-the-life-course-canada)

Conferences and Workshops:

Ontario Brain Injury Association – Provincial ABI virtual Conference: October 28-29, 2021;
<http://ontarioabiconference.ca/>

+Follow Us:



<http://www.headsupdurham.ca/>

Contact Us:

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Caring for our Community in 2020:

During these unprecedented times dealing with COVID-19, the team at *Heads Up!* Durham gives thanks to everyone working on the front lines supporting people living with brain injury and other vulnerable populations.

Sincere thanks also to our Durham Region First Responders, our Durham Region Health Department, all of our vital Lakeridge Health hospital staff and our education partners for working tirelessly to not only keep us safe but to help us move forward.

