

# Heads Up! Durham – Awareness 2 Action



Volume 1 – Winter 2019

## What is Heads Up! Durham?

*Heads Up!* Durham is a community mobilization focusing on brain injury awareness, prevention and enhanced support. *Heads Up!* Durham was initiated in 2015 by Linda Lowery, Ted Dionne and Garrett Bell as a result of 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](http://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.

### Mission:

To weave brain injury awareness, prevention, policy and support into the fiber of Durham Region society through community action.

### Goals:

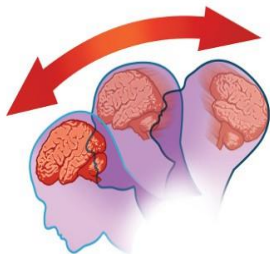
1. Create an increased awareness of brain injury, and its widespread causes and effects, by disseminating information to all citizens in Durham Region society through a multitude of channels.
2. Promote the prevention of brain injury in all areas of society through enhanced communication, education, policy and enforcement.
3. Enhance the support provided to Durham Region citizens.

## What is a Traumatic Brain Injury (TBI)?



A Traumatic Brain Injury (TBI) is caused by a traumatic event such as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain.

**Main Causes of TBI:** Motor Vehicle Crashes, Falls, Bicycle Incidents, Sports



## What is a Concussion?

**A concussion** is a common form of brain injury that can be caused by a direct or indirect hit to the head or body (for example, a car crash, fall or sports injury) that causes an acceleration of the head and neck. You do not need to lose consciousness to have sustained a concussion.

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

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## Heads Up! Durham – Our Team:

**Members of our team include:** Linda Lowery, Linda Lowery Consulting (Chairperson); Ted Dionne (Vice-Chairperson); Garrett Bell, McLeish Orlando; Heather Hofmann, The Brain Injury Association of Durham; Angela Davis and Michael Bowman, Durham District School Board (DDSB); Pat Costello, Durham Catholic District School Board (DCDSB); Dr. Judeline Innocent, Durham College; Dr. Michelle O'Brien, Lakeridge Health; Caroline Best, Community Solutions; Stacey Moore, March of Dimes; Meagan Patterson, Human Resources and Staff Sgt. Rob Bryan, Durham Regional Police Service (DRPS); Melissa Brabant, Ministry of Transportation Ontario (MTO); Jennifer Hammond, Personal Attendant Care and community representatives including Kerry Corbett.

For information regarding our committed team, including members of our Steering Committee and Advisory Panel, please visit: <http://www.headsupdurham.ca/our-team.html>

## Looking Back:

### Activities for June: Brain Injury Awareness Month 2019:

#### Unmasking Brain Injury:

Unmasking Brain Injury, an annual initiative of the Brain Injury Association of Durham, operated in partnership with the Robert McLaughlin Gallery, is an event to promote awareness of the prevalence of brain injury; to give survivors a voice and to educate others on what it's like to live with a brain injury.

Garrett Bell, the keynote speaker, spoke about his injury and rehab, the formation of **Heads Up! Durham** and his journey to employment at McLeish Orlando.

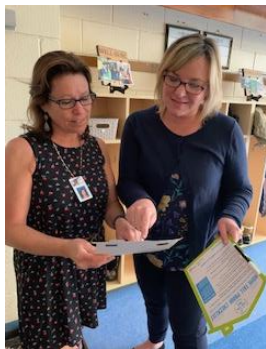
**On the right:** Ted Dionne, Garrett Bell and Linda Lowery



#### Parachute: Safe Kids Week – June 2019

Every year Parachute, Canada's national charity dedicated to injury prevention

(<https://parachute.ca/en/>), develops a theme for Safe Kids Week. This year the focus was on children and falls prevention. Falls are a leading cause of brain injury with our young ones.



The Parachute resources were distributed by **Heads Up! Durham** to the Directly Operated Child Care Centres for the Region.

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## Display at the Durham District School Board May 30 – June 14:



We also arranged to have signs at Taunton Rd and in the Education Centre to announce June: Brain Injury Awareness Month

## Durham District School Board Safety Week Presentation – September 2019:

September 23<sup>rd</sup> – 27<sup>th</sup> marked the 15<sup>th</sup> annual Durham District School Board (DDSB) Safety Week.



On September 25 (Rowan's Law Day), Linda Lowery and Garrett Bell were keynote presenters and shared information on brain injury and the formation of *Heads Up! Durham*.

## Ontario Brain Injury Association (OBIA) Conference – November 6-8, 2019 (Niagara Falls)

Linda attended the OBIA conference to gather information and resources to bring back to the committee.

**OBIA conference:** *“Person’s living with TBI are 7.5 times more likely to experience depression relative to the general population”*

**On the right:** Ruth Wilcox, Exec. Director of OBIA, addresses delegates.



## Remembrance Day 2019: Honouring our veterans



Many veterans have suffered from a TBI. Brain Injury Canada:  
**Acquired Brain Injuries from Blasts and Explosions:**

<https://www.braininjurycanada.ca/2009/05/14/acquired-brain-injuries-from-blasts-and-explosions-blast-injury-faqs/>



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## Heads Up! Happenings:

### Vision Zero:

Durham Region is working to create safer roads for drivers, pedestrians and cyclists through the *Durham Vision Zero Strategic Road Safety Action Plan*. Linda Lowery represents *Heads Up! Durham* on Durham Region’s Vision Zero Implementation Committee.

For more info visit: <https://www.durham.ca/en/living-here/vision-zero.aspx>



Zero

### At the launch of Vision Zero: May 29, 2019:



With Bruce MacDonald, Durham Region Cycling Coalition (<http://durhamsafetycling.ca/>) and Melissa Brabant, MTO.



### Rowan’s Law

Rowan Stringer, a 17-year-old high school Rugby player from Ottawa, Ontario, died in 2013 from Second Impact Syndrome due to several concussions in a short period of time that she tragically ignored and didn’t report.

The coroner’s inquest resulted in the development of *Rowan’s Law (Concussion Safety)*, 2018 which has made Ontario a national leader in concussion management and prevention.

The law covers requirements for sport organizations and for school boards.

The Ministry of Education’s concussion policy (PPM 158) for school boards was updated to be consistent with *Rowan’s Law* and will come into effect on January 31, 2020.

For more info visit: <https://www.ontario.ca/page/rowans-law-concussion-safety>

### Abused and Brain Injured Toolkit Launch – November 2019



Every year thousands of Canadian women experience intimate partner violence (IPV). This toolkit was created to draw attention to the widely unrecognized intersection of intimate partner violence and traumatic brain injury. This free toolkit serves to provide information, resources, research and practice recommendations for providing trauma-informed service delivery.

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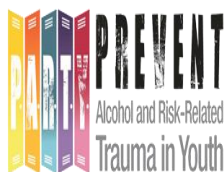


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Linda Lowery attended the toolkit launch. The goal now is to share this valuable information with our community. **For more info** visit: <http://www.abitoolkit.ca/>

**In the news:** Domestic violence causes brain injuries, and advocates say not enough people are talking about it <https://braininjuryhelp.ca/2019/10/cbc-news-article-on/>

## **P.A.R.T.Y. (Prevent Alcohol & Risk-Related Trauma in Youth):**



The P.A.R.T.Y. Program is a one-day injury awareness and prevention program for youth age 15 and older. Developed in 1986 at Sunnybrook Health Sciences Centre, this program is a vital component of the growing community effort to reduce death and injury in alcohol, drug and risk-related crashes and incidents.

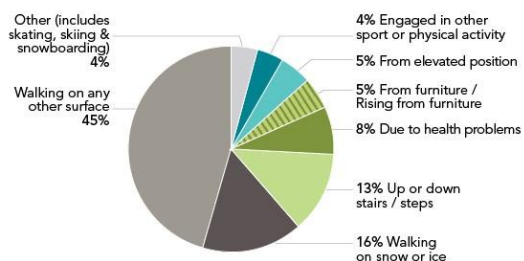
**A Heads Up! Durham** sub-committee, which includes Boards of Education, the Brain Injury Association of Durham, Lakeridge Health, DRPS, Ajax and Clarington Fire Services, EMS, MADD, MTO and CAA is working diligently to bring the P.A.R.T.Y. program to Durham Region. The goal is to launch the program in the fall of 2020 at Lakeridge Health Oshawa. Stay tuned! **For more info on the Sunnybrook program** please visit: <http://partyprogram.com/>

## **Did You Know?:**

**Holland Bloorview Concussion Centre:** The centre provides clinical services, education and resources, community outreach and research focused on concussion in children and youth. Visit their newly launched website at: <http://www.hollandbloorview.ca/services/programs-services/concussion-centre>

**Falls are a leading cause of brain injury, and winter brings increased risk of falls... especially for seniors:**

**Senior Falls in Canada:** Canada.ca



## **November is Falls Prevention Month!**

The potential for injuries due to falls increases dramatically in winter. Falls remain the leading cause of injury-related hospitalizations among Canadian seniors. Most falls are preventable.

**Learn more:**

<https://www.closingthegap.ca/guides/how-to-prevent-falls-a-complete-fall-prevention-guide-for-seniors-and-caregivers/>

## **In the News!**

**Ontario announces new \$60M facility for brain and mental health at Sunnybrook:** <https://globalnews.ca/news/6123688/christine-elliott-mental-health-brain-facility-sunnybrook/>

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## The Epidemic of Traumatic Brain Injuries in Canada:

<http://www.personalhealthnews.ca/education-and-advocacy/the-epidemic-of-traumatic-brain-injuries-in-canada>

## Conferences and Workshops:

**Apr. 30-May 1, 2020** (Ottawa): Brain Injury Canada National Conference:

<https://www.braininjurycanada.ca/>

## Mark Your Calendar:

**Fall 2020:** *Heads Up!* Durham's 5<sup>th</sup> Anniversary!!

## Contact Us:

**Linda Lowery, Chairperson**

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905-259-8846

*Happy  
Holidays*



*Wishing you and yours a safe and happy*

*holiday season!!*