

How We Can Help

We have a peer group meeting called Bring Everybody In The Zone (BEITZ). The goal of the group is to help active duty, reserves, guard, veterans, their families and others who suffer from the effects of Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), Sexual Assault and traumatic experiences in our lives and the lives of those close to us.

We train volunteers who are former services members and spouses to become facilitators who are there to help our service members/veterans and their families deal with the aftermath of trauma in their lives

We have peer group meetings every Monday from 1200-1300 at the Helen Farabee Center on Broad Street and we have an all women group every Tuesday from 1730-1830 at 901 Indiana Avenue.

This brochure is provided as a Community Education Service of

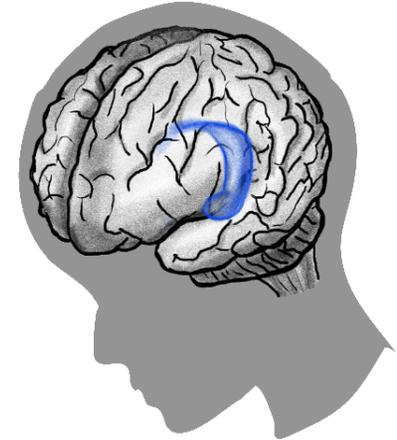


Helen Farabee Centers and the Military Veteran Peer Network

For information about our Veteran Services, please contact:

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Traumatic Brain Injury (TBI)



Veteran's Services



What is Traumatic Brain Injury? (TBI)

TBI is an injury to the brain caused by an external force that produces either an alteration of consciousness or loss of consciences.

Causes of TBI include:

- Bullets
- Fragments
- Blasts
- Falls
- Motor vehicle crashes
- Assaults

Symptoms of TBI

TBI has these symptoms:

- Sleep difficulties
- Poor concentration
- Irritability
- Fatigue
- Memory problems
- Headaches
- Anxiety
- Trouble thinking
- Dizziness
- Blurry or double vision
- Sensitivity to bright light

How Serious

Mild TBI

If you weren't knocked out at all or if you were unconscious for less than 30 minutes, the injury was most likely mild.

Moderate TBI

The longer you were unconscious, the longer recovery usually takes.. If you were unconscious for more than 30 minutes but less than a day, the injuries were most likely moderate.

Severe TBI

Patients who are unconscious for more than a day have suffered a severe injury. Although many patients make a good recovery even after a severe head trauma, symptoms can often last some time.