

*For Immediate Release*



CONTACT:  
Shawn Coltharp  
(629) 246-5884  
shawn.coltharp@braininjurytenn.org

## **Brain Injury Association of Tennessee releases *Finding Me Again* video series as part of Brain Injury Awareness Month**

*Videos share stories of brain injury survivors and their loved ones,  
highlighting critical need*

*March is Brain Injury Awareness Month*

NASHVILLE, TN – March 17, 2023 – The **Brain Injury Association of Tennessee**, in partnership with the **Tennessee Disability Coalition**, has released an online video series titled, ***Finding Me Again***. The videos feature Tennessee traumatic brain injury (TBI) survivors and their loved ones **sharing their experiences of traumatic brain injury**. The stories, while depicting devastating life-changing events, are rooted in hope and remarkable perseverance. They also highlight the ongoing need TBI survivors face and the lack of funding and resources available in Tennessee for this population. The videos' March release corresponds with **Brain Injury Awareness Month**.



The videos can be viewed online at [braininjurytenn.org](http://braininjurytenn.org).

“As someone that has watched two loved ones live with a traumatic brain injury, I know the isolation they endure and the toll it takes on their lives,” said **Hope Reasons**, who produced the videos. “I want all survivors, family members, and caregivers to know they are not fighting this battle alone.”

The video stories feature a diversity of survivors and families, with surprisingly varying circumstances, demonstrating that TBI can truly affect anyone at any time. The stories featured in the videos depict, despite the suffering that accompanies TBI, a “new normal” is possible. The main message of the videos, particularly for others who may be navigating a brain injury, is simple: **You are not alone.**

“It’s not a death sentence. It’s not the end of your relationship; it’s not the end of your partnership, it’s not the end of your family. It’s just a pivot, a change,” states one caretaker featured in the video.



The videos were made possible in part by the **Tennessee Disability Coalition** in partnership with the **Brain Injury Association of Tennessee**. The video project was funded in part by a Tennessee Disability Coalition grant. They were written and directed by **David Mays (aMAYSingLife, LLC)** and produced by **Hope Reasons (My Reasons for Hope)**.

“The Tennessee Disability Coalition is pleased to be able to support this project through our small grants program,” said **Carol Westlake, Executive Director of the Tennessee Disability Coalition**. “These videos deliver important messages. The brave individuals and families who shared their stories are to be commended. They are helping to make a difference.”

## **ABOUT TBI IN TENNESSEE**

TBI is a major cause of death and disability in the United States. Approximately 2.87 million new traumatic brain injuries occur each year in the United States (about one every nine seconds). Each year approximately 25,000 Tennesseans sustain a traumatic brain injury. Traumatic brain injury is sometimes also called “closed head injury,” “concussions” or “mild TBI.” Concussion is the most common type of brain injury. Males are twice as likely as females to sustain a TBI. In Tennessee, the three leading causes of TBI are falls, motor vehicle accidents and homicide or violent injuries.

The approximate lifetime costs of caring for a survivor of a severe traumatic brain injury ranges from \$600,000 - \$1,875,000. Despite the prevalence of TBI and its incalculable impact on families across the state, it remains an under-resourced issue with many gaps in funding and services.

(Statistics from the [Tennessee Department of Health](#))

## **HOW TO HELP**

One of the greatest challenges faced by TBI survivors and their families in Tennessee are service gaps, in which a needed resource is not available locally, or they lack the financial resources due to a gap in the system. The dream of the Brain Injury Association of Tennessee is to ensure every survivor and every family has access to the care and rehabilitation they need regardless of financial status. Legislative change is crucial to support those affected by this leading cause of injury and long-term disability.

To learn more and lend your voice through advocacy or to make a monetary donation, visit [braininjurytenn.org](http://braininjurytenn.org).

## **ABOUT BRAIN INJURY ASSOCIATION OF TENNESSEE**

The Brain Injury Association of Tennessee is committed to improving the **quality of life** of individuals, families, caregivers, and healthcare professionals impacted by brain injury by providing **critical information, education, support, prevention, and advocacy** through community-based, state, and national resources.

The Brain Injury Association of Tennessee is an affiliate of the Brain Injury Association of America.

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