



# Navigator Update Spring (and Summer!) 2013

*Providing a Point of Entry for ABI Services Across  
Southeastern Ontario*

## We've been busy!

Current priorities for System Navigation:

1. Developing solutions for meeting the needs of residents with ABI currently housed in long term care homes. An invitational symposium will be held in the fall to bring stakeholders together.
2. Building relationships between the Mental Health and ABI sectors, and facilitating access to psychiatry and mental health services for those with concurrent disorders.
3. Addressing the needs of those with concussion/mild traumatic brain injury through short-term follow up. A pilot study will investigate the feasibility of short-term telephone counselling.
4. Completion of a database of ABI service users to develop a profile of the types of services needed.

## Moving forward and taking shape

As predicted, it has been busy around the System Navigation office. First off, thanks to Lisanne Mitts for meeting the demands of the position in my absence. It was great to return in June and see the growth that had occurred and how ideas had taken shape. Now that I am back, I look forward to reconnecting with the community once again.

To address the needs of those in long-term care we have provided education on an "as-needed" basis within several long term care homes. In addition, a long-term care symposium will be held this fall to bring key stakeholders together to determine the specific needs and to develop solutions together.

Working towards more comprehensive services for those with mental health and ABI needs, the system navigator and representatives from the Regional Community Brain Injury Services have met with community and hospital mental health teams across the region. It has meant quite a few road trips, but it has definitely been worthwhile to meet and discuss the common challenges we see and how we can support each other. The information we have gathered will be used to develop a proposal to improve services in the region.

We have also been looking into options to support individuals following concussion and mild traumatic brain injury, commonly referred to as mTBI. Research shows that access to short term education and support can improve the odds of a full recovery and help people manage their symptoms more effectively. We will be developing a pilot program of telephone support to determine whether such an intervention would be feasible and effective.

Finally, to follow through with the request by the Local Health Integration Network, we have begun the process of assembling a database which comprises of individuals receiving or requiring ABI services in Southeastern Ontario. The challenge of such a project is only knowing those who are already receiving services; those who do not know about us – do not know about us! Although

## Contact Us

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Acquired Brain Injury System Navigation  
of Southeastern Ontario

some may consciously choose not to participate in community brain injury services, others may not be participating due to circumstances beyond their control such as lack of transportation, isolation, or knowledge of services. We will be using the information drawn from our database to inform future service planning in the region. Please help us ensure everyone receives the opportunity to be counted by asking those you know with an ABI if they have participated and helping us to connect to those who could benefit from ABI services in any way.

With all of these projects, the help of the community is essential. Depending on where you reside in Ontario, your access to resources, lifestyle, and needs vary greatly. We are striving to develop ABI services which are relevant and appropriate for those who reside in Southeastern Ontario—something we can only do by engaging with those who live here. I hope you will help us to stay connected, and help clients and colleagues link to us as well. - Rachael

## Free Public Events:

# Community Brain Talk

Questions about the effects of  
Brain Injury and Concussion?  
Join us for a free evening of infor-  
mation and practical advice.  
All welcome!

**Picton:** Mon. Aug 26, 6:30 pm, Prince Edward County Memorial Hospital Boardroom, 403 Main Street East

**Prescott:** Wed. Aug 28, 6:00 pm, Prescott Health Unit Auditorium, 555 King Street West

**Northbrook:** Wed. Sept 4, 6:00 pm, Land O'Lakes Community Services Board Room, 12497A Hwy 41, Unit 1

**Sharbot Lake:** Mon. Sept 9, 6:30 pm, Sharbot Lake Family Health Team, 1005 Medical Centre Road

**Bancroft:** Thurs. Sept 12, 6:00 pm, Hastings Centennial Manor Auditorium, 1 Manor Lane

**Westport:** Thurs. Sept 19, 6:30 pm, Westport United Church, 27 Spring Street

**Trenton:** Mon. Sept 23, 6:30 pm, Quinte West Public Library Multi-purpose Room, 7 Creswell Dr.

**Smiths Falls:** Wed. Oct 2, 6:30 pm, Smiths Falls Community Health Centre, 2 Gould Street

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