

NASHIA's March 2021 Brain Injury Awareness Month Campaign: This week's spotlight is on Brain Injury Connections -- Northwest (BIC-NW) in Oregon and its new video promoting awareness.



## NASHIA: Working Together Promoting Brain Injury Awareness Month

### This Week's State Spotlight: Oregon

During March, the National Association of State Head Injury Administrators (NASHIA) is featuring articles about individuals living with brain injury; State resources and services and initiatives promoting awareness and improving service delivery. This week, NASHIA features the work by Oregon stakeholders working to promote awareness, including a video developed by individuals living with a brain injury, and BIC-NW's support groups, Friends Program, community outreach and more.

Have a story to share? Send to Susan Vaughn at [publicpolicy@nashia.org](mailto:publicpolicy@nashia.org). Meanwhile, you may access NASHIA's Awareness Campaign materials [here](#).

### Oregon Stakeholders Produce Video to Celebrate March Brain Injury Awareness Month

In recognition of March as Brain Injury Awareness Month, stakeholder members of Oregon's Administration for Community Living (ACL) TBI Partnership Grant Advisory Council and Brain Injury Connections Northwest (BIC-NW) collaborated to produce a video written, spoken, and produced by brain injury survivors and advocates living in Portland, Oregon. Consistent with [Oregon's ACL Brain Injury Equity Lens](#), the video seeks to elevate diverse voices in solidarity with Oregonians of all backgrounds living with brain injury.

To learn more about BIC-NW and the video's producer-Cheryl Green, read further in this issue.



**Oregon's March Awareness Month Video produced by individuals living with brain injury and other advocates**

# Brain Injury Connections

NORTHWEST

## A Survivor Led Organization Offers Support, Educational and Social Opportunities

**Brain Injury Connections -- Northwest (BIC-NW)** is a survivor led volunteer organization based in Portland, Oregon. The mission of BIC-NW is to improve the quality of those affected by brain injury -- "Our empathy is real." Founded in 2015, BIC-NW offers support groups in both English and Spanish, as well social and recreational events, including coffee socials (pre-Covid-19). BIC-NW has also initiated its **Friends Program** with the goal of reducing social isolation among survivors living with brain injury. Participants meet with Portland State University speech-language-pathology practicum students for one-to-one interactions. Future Friends Program efforts will include outreach to those living in groups homes, nursing homes, and in rural areas.



BIC-NW **Community Meetings** program features seminars involving survivors, family members, and professionals and address a variety of topics (e.g., financial and legal planning; rehabilitation therapies). BIC-NW also partners with Multnomah, Clackamas, and Washington County Aging and People with Disabilities agencies to conduct informational and educational brain injury programs featuring the voices of survivors.

**Community outreach** is yet another crucial BIC-NW service. Collaborators include Portland Parks Accessibility Advisory Committee, informal networking groups among several non-profit service and medical organizations, and other support and rehabilitation groups in the Portland-metro area.

**Note:** Meetings are now held virtually due to the COVID-19 pandemic.

### Meet Karl, Adjunct BIC-NW Board Member

**Karl "Kajomo" Moritz**, Adjunct BIC-NW Board Member, is a Product Technical Designer and has worked on teams at Icebreaker Merino, Nike, Eddie Bauer & Victor Costa Couture. He is originally from Richmond, Virginia where he received a BFA in design from V.C.U. His career has taken him from N.Y.C. to Dallas Tx., Seattle Wa., and he has been in the great green Portland for the last 18 years. Karl is divorced and spends time with his three boys (ages 11, 13 & 15) riding bikes, gaming with them and living & learning with them.

Karl works part time now because he has a



Karl's story was recently made into a short feature documentary - [TBI and My Longest Ride](#) - directed and produced by Cheryl

brain injury related disability that occurred while riding his bike from work -- which he had been doing for the previous eight years. He now rides a track fixed-gear bike and races that bike at Alpenrose Velodrome Track and has competed in group race events. He calls this “Spinning for Neurogenesis.”

Karl has taken it upon himself to let other brain injury survivors to know that there is more than just the standard health care regarding brain injury. He has scheduled doctors to speak about keeping the nervous system healthy and the brain connection; acupuncture and the nervous system; neurofeedback, speech pathology and vision therapy. He brought the LoveYourBrain team to a peer group meeting in 2016 to learn about yoga and meditation.

Green.

A center piece of the BIC-NW website is the **Dan Lita Story Board** featuring the stories of numerous BIC-NW participants, like Karl.

For other survivor stories and information about BIC-NW, please visit:

- [News and Stories](#)
- [Facebook](#)
- [Instagram](#)
- [BIC-NW Videos](#)
- [BIC-NW Webpage](#)

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### About Cheryl Green – Media Artist, Video Producer

**Cheryl Green MFA, MS**, integrates her training in Performance As Public Practice and Speech-Language Pathology to explore how story can be used to address bias and break down barriers. She brings her own experiences with TBI and invisible disabilities to making media that combine personal narrative and political activism. This creates dynamic, artistic tools to challenge misconceptions and stereotypes of disability and fostering community engagement while celebrating pride in disability experiences. She serves on the board of Disability Art and Culture Project, and formerly served Brain-injury Information Referral and Resource Development (BIRRDsong) and Oregon Cultural Access. She volunteered with National Black Disability Coalition consulting on media and technology, and with Portland Commission on Disability, Open Signal, and KBOO Community Radio.



Cheryl's artistic goals focus on making media accessible, cross-disability collaboration, and building equity. She was a 2017 Association of Independents in Radio [New Voices Scholar](#), 2020 [DOC NYC Documentary New Leader](#), and is Digital Operations Lead and has been a proud Member-Owner at [New Day Films](#) educational film distribution cooperative since 2016. Her audio and written blog, transcribed podcast, and documentary films are a [www.WhoAmItoStopIt.com](#). She reported and produced one episode for the Peabody-nominated Season 2 of [70 Million](#) and produces for the [Disability Visibility Podcast](#) and DisArt's DisTopia.

Cheryl writes and audio records all of the post on this blog and also produces and transcribes all of the podcast episodes linked on the site. She is also available for public speaking, CEU trainings for rehabilitation clinicians, and panel discussions at community screenings and in college classes about brain injury, disability, art, and making media accessible.



**NATIONAL ASSOCIATION  
OF STATE HEAD INJURY  
ADMINISTRATORS**

The National Association of State Head Injury Administrators assists State government  
in promoting partnerships and building systems  
to meet the needs of individuals with brain injuries and their families.

**Support States. Grow Leaders. Connect Partners.**

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