

**A**nually more than 71,000 North Texas adults learn to live daily with the effects of stroke, traumatic brain injury, or brain cancer. BIND: Brain Injury Network of Texas provides tools and a bridge of support to adult brain injury survivors so they can reconnect into life, the community and work-place. BIND's vision is to lead the DFW area in providing member-driven services and serve as the model for Brain Injury Clubhouses across the state of Texas. BIND celebrated its 10th anniversary in 2021!

BIND's services join the gap between medical rehabilitation and independent, contributing community living. At BIND, brain injury survivors are Members, not 'patients'. Through the Clubhouse Model BIND empowers members to maximize their strengths and provides a necessary link in the recovery process.

At the BIND Clubhouse the core of the model is an emphasis on person-centered programming – allowing each brain injury survivor to regain a sense of control by choosing how they interact with and engage in a work-ordered day. Members manage Clubhouse daily activities, gain work skills and address appropriate social behaviors by working collaboratively with staff, interns, and volunteers on all program tasks. Roles are equally valued. Through this productive and meaningful work, members build physical and cognitive endurance, increase self-esteem and develop skills necessary to live more independently. BIND's services and overall goals are to reduce the severity of depression, increase the return to gainful employment or productive community volunteering, and improve quality of life for those living with brain injury and their families.

For all of its members, BIND offers the Clubhouse Program, Peer Mentoring Services, the Work Readiness Program, Spanish-Speaking Brain and



Spinal Cord Injury Survivors Group, and Caregiver Support Groups. The BIND Clubhouse Program, including in-person and virtual services, inspires hope for continued brain healing, restores a sense of purpose, improves the quality of life, and re-connects brain injury survivors to their community. BIND members may choose to participate in the work-ordered day and/or the other services based on their specific needs and goals at a given time.

The Work Readiness Program is a collaborative pre-employment and job skills training program based on PSAT: Personal Social Adjustment Training curriculum and SE: Supported Employment services in combination with the BIND work-ordered day. BIND Members interested in employment services can be self-referred.

BIND Members are a diverse group of individuals of varied race, gender, education, income, age, and ability. 70% of members are physically disabled, 17% are Veterans. Ages range from 18 to 80 with an average age of 48. Many are married with children.

Program members must be 18 + years of age, have a history of brain injury, must not be a threat to themselves or others, should be independent in self care and use of assistive devices, and must be willing to participate in a working community.

# BIND Organization Summary

## Mission & Vision

- BIND is a 501c3 nonprofit corporation established to meet the long term needs of adults who have experienced a stroke, traumatic brain injury or brain cancer. Our Mission is to provide tools and a bridge of support to adult brain injury survivors so they can reconnect to work, life and the community. Our Vision is to lead the DFW area in provision of member-driven services and serve as the lead for brain injury clubhouses across the state of Texas.
- BIND operates the only brain injury clubhouse programs in the state of Texas with active membership in the TCC: Texas Clubhouse Coalition and IBICA: International Brain Injury Clubhouse Alliance.

## History & Milestones

- Incorporated in September 2011, received tax-exempt status in February 2012
- Launched the Peer Partners mentoring program in June 2012
- Raised \$100,000 combined February 2012 to February 2015 through corporate event (luncheon / gala) sponsorships, and individual giving
- Opened our doors as the first Brain Injury Clubhouse in Texas in February 2015 to 8 program members
- Expanded to a space with triple the square footage, including additional bathrooms, kitchen, conference room, library and art room in March 2017 following an accumulation of a 60 person wait list for services
- Extended program services from 3 days per week to 5 days per week by January 2018
- Installed a fully accessible raised outdoor garden in December 2019
- Provided virtual program services 5 days / week throughout the Covid-19 pandemic
- Currently serves 100+ program members in Plano, through virtual services, and will open in Fort Worth in 2022

## Program Goals

- Reduce social isolation and the severity of depression and anxiety in BIND program members
- Increase rate of brain injury survivor's return to gainful employment and stability over time
- Provide active participation in quarterly community engagement / volunteer activities
- Improve physical health and reduce occurrences of falls, hospitalizations, and other secondary health consequences
- Continue to provide 100% free services without accompanying discharge dates
- Improve quality of life for program members and their caregivers

## Demographics

- 53% stroke survivors, 33% traumatic brain injury survivors, 7% brain cancer / tumor survivors, 10% have other diagnoses that have negatively impacted brain function
- 57% male, 52% female
- 50-59 is the predominate median age range; 48 is the overall average age for BIND members
- 42% reside in Collin County, 41% reside in Dallas County, 9% reside in Denton County, and the remaining members live in Tarrant, Kaufman and Grayson Counties