

Brain Energy Support Team (BEST)

Mission & Program Overview

What does BEST do?

The Brain Energy Support Team is a 501c3 nonprofit organization founded in 2008. The mission of BEST is to provide support, advocacy, public awareness, education, and socialization opportunities to individuals with a brain injury and their families. BEST distinguishes itself from other brain injury organizations in that the leadership, services, and programs are built by and for individuals with brain injury and their families.

Programs

- **Support Groups** – is a two-fold program focusing on (1) providing a comprehensive, state-wide infrastructure network that offers training, technical assistance, and resources for support group facilitators, and (2) resources and support for the development and sustainability of support groups and their participants.
- **Education & Outreach** – provides resources, presentations, workshops, and trainings built on best practices and developed by professionals with brain injuries for individuals with a brain injury and their families, caregivers, professionals, paraprofessionals, legislators, and the general public
- **Project PEER** – offers “Personal Empowerment through Education and Resources” as a holistic approach to empowering individuals with brain injury through specialized futures planning, skills training, and peer support to achieve personal success.