

# About BEST

A brain injury dramatically impacts both an individual and their family. Whether it's for the short term or for a lifetime a brain injury changes our lives in both visible and invisible ways. Signs often include emotional, behavioral, physical, cognitive and social dysfunction. Even those who get the best medical care and therapy after an incident are often confused and frustrated about how to create strategies to do more than just survive.

The facts can be overwhelming ...

- Approximately 2 million people suffer a traumatic brain injury every year.
- Of those between 80,000 and 90,000 wind up with additional disabilities.
- Over 3 million people who have incurred a TBI are currently living with the effects of resulting physical and cognitive challenges.

In 2008 a group of survivors, family, caregivers, and medical professionals recognized that fundamental services are missing from the established protocol of treating those with brain injury. It was and still is, important to us to have control of our treatments, our recovery, and our lives. We believe that we know best.

Over the years we expanded our community to include others with cognitive differences and challenges seeking to live meaningful and purpose-filled lives. Whatever the cause - TBI, Concussion, Stroke, CP, Autism, Dementia, etc - our goal is to help you have the healthiest brain possible to live the BEST life you can..

Meaningful work, relationships, and independent living to the extent that fulfills us are all part of how we define personal success. The education and peer support BEST offers help participants live quality lives, define their interests, and build on their strengths.

## What does BEST do?

The Brain Energy Support Team is a 501c3 nonprofit organization founded in 2008. BEST provides PEER support and education, along with tools and strategies to support success, for individuals with brain injury, others with cognitive differences, and their families.

BEST distinguishes itself from other organizations in that the leadership, services, and programs are built by and for neurodivergent individuals and their families.

## Programs

- **Support Groups** – a two-fold program focusing on (1) providing a comprehensive 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. NOTE: BEST no longer sponsors in-person support groups. All BEST peer-led support groups are hosted in [Second Life](#).

- **Project PEER** – offers “Personal Empowerment through Education and Resources” as a holistic approach to empowering neurodiverse individuals through specialized futures planning, skills training, and peer mentoring to achieve personal success.
- **Education & Outreach** – provides resources, presentations, workshops, and training built on best practices. Our education approach is designed with neurodiversity in mind to help individuals and their families, caregivers, professionals, paraprofessionals, legislators, and the general public