

October 12th Young adults with TBI Support Group meeting

Ground rules

- Arrive on time, if you're running late try and enter quietly. The same goes for leaving early.
- Respect the person who is speaking, save your comments for after they have finished
- Respect the safety of all group members, no threatening language or actions..."
- Be tolerant! Everyone here has a different past but we're all here now. Please accept each other.
- Respect other people's process, when appropriate we may make suggestions to each other but it's not acceptable to be pushy

6:00 arrive/ nametags... grab a treat

6:05 Announcements:

- I'd like to have someone volunteer to read the Ground rules and Confidentiality statement. Anyone? What do these things mean
- Is there anyone who would like to help me manage some of the administrative parts of the support group? I really just need someone to help manage email lists and meeting reminders
- The support group funding conference is this Friday, so that's when we'll find out if we can get enough money to start the nutrition class, but I'll say right now that they cut the funding to less than half of what it was last year. I'm not sure what will happen, everyone who I spoke to about the plan sounded very interested and pledged their support... so I'll just have to let you guys know what happens
- I want to open it up to anyone else who might have any events or anything to let us know about before we open it up to sharing....
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6:15 – We have a lot to talk about today and probably not enough time so I'll just turn the floor over to Dr. Shenouda, who's going to talk about alternative therapies, then do a little Q&A/discussion

6:45 – lets break up into small groups for discussions on topics of your choosing. Every group should have a worksheet, please make sure that I get this at the end so I can use it to help plan future meeting.

Some suggestions for topics are:

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|---------------------------|----------------------------|
| - Nutrition | - Problem solving |
| - Anger management | - Goal setting |
| - Depression | - Alternative therapies |
| - Time management | - Reconnecting with people |
| - Fatigue | - What are your routines? |
| - Advocacy | - What has worked for you? |
| - Cognitive rehab (games) | |

7:15 – lets come back together as a large group (keep sitting with your small group) and share parts of our discussions, any questions that persist or conclusions that you've come to.

CONFIDENTIALITY

"This is a safe place where people need to feel comfortable sharing whatever they want, because of this we all need to respect that someone may be sharing things that they wouldn't speak as openly about outside of a group like this. Just by being here we are a community. Respect is crucial. We all need to respect the confidentiality of our fellow community members by not sharing what is said here outside of this group. There is one obvious exception to this: if anyone expresses the intent to harm anyone we are required to alert the appropriate people."