



Brain Regain Newsletter

May/June 2012

Created by the members of Second Chance of Northwest Florida, Inc.
222 East Beach Drive Panama City, Florida 32401
www.secondchancenwfl.com

Applied Behavior Analysis at Second Chance

Submitted by : ABA Students

During the past year, FSU-PC applied behavior analysis students have been working to bring behavioral approaches to Second Chance of Northwest Florida. The main focus of their work is social significance, so members were given assessments to help provide a better picture of their strengths. Members and their caregivers could communicate the skill areas that they felt were most important to address. The most common goals included improving short-term memory and independent living skills. Under Jared Padgett's guidance, students began leading group activities such as cooking, practical math skills, and short-term memory tasks, while incorporating basic behavioral principals such as different prompting strategies and positive reinforcement.

Students have been requesting feedback from the members on the activities, as well as collecting data on-task behaviors. They are also currently in the process of starting to incorporate choice into the group activities by shifting from a lecture-based teaching to center-based. This will allow members to choose which activities they would like to participate in each day, be more actively involved, and hopefully lead to even further increases in members' engagement. Since changing the classroom approaches to include more member involvement, many have noticed an increase in positive attitudes from them as well as an overall change in atmosphere.

The FSU students are finding their work at Second Chance to be a great learning experience. Through this work, they hope to find more efficient evidence-based treatments for brain injury while helping the members reach their maximum capabilities through positive, non-punitive methods.

Congratulations to Jackie, Jordynn, Ali, and Zaday on their recent graduation from Florida State University Applied Behavior Analysis Program. Thank you for all you've done for Second Chance!

A Message from the President—

Lea was 14 years old when her father Dave was in a head on collision driven by a drunk driver. She wanted to do something to help him and others with brain injury. As Lea visited her father in the hospital, in a coma for 3 months, then extensive time in rehab, she felt helpless and wanted her dad home again. Following rehab Dave was referred to Second Chance of NWFL. Here the family found self-enrichment programs, daily living skills, computer lab and a social setting where everyone is accepted for who they are.

Lea wanted to do something to help her father and others who attend the program. She became involved with Second Chance Support Group and volunteered at fund raising events; she had a yard sale and raised \$63, encouraged friends and family to participate in giving.

Contributions such as Lea's are the lifeline for Second Chance. Every donation makes a big difference. To make it easier for others to give, we have PayPal access on our web page. PayPal makes it easy for supporters to quickly and easily raise funds for Second Chance Brain Injury Adult Program.

You can:

Safely and securely donate online through PayPal at www.secondchancenwfl.com

Create your own Web page to raise funds on behalf of Second Chance

Call 850 769 7779 to make a donation

Mail donations to Second Chance of NWFL, 222 E. Beach Drive, Panama City, FL 32401

Your donations enable us to provide valuable support and materials to those who have a brain injury. It also promotes education and vocational assessments, to provide help sooner so the effects are less devastating.

Donations come in all sizes from different people. Many donations have a story behind them just as Lea's donation does. Your donation will help us make a huge difference in the lives of brain injured adults and their families.

Come by to see us, I know you will like what you see as we work together helping and supporting each other to improve quality of life, post rehab for brain injured adults.

—Sherl Morden, President

Yoga—

Local yoga instructor, Dawn Brooks, RN, RYT 500, wrote a grant to the Kripalu Yoga Teachers Association—Teaching for Diversity Program to provide Second Chance members with 10 yoga sessions. Sessions will be taught by Dawn at Second Chance throughout the 2012 Spring/Summer months. Members participated in their first yoga session with Dawn on May 23rd.



CALENDAR OF EVENTS

MAY 1 COVERED DISH
THEME: CINCO DE MAYO
MAY 4-5 YARD SALE
505 S TYNDALL PARKWAY
FISH FRY (FRIDAY ONLY)
MAY 4 OUTING TO SWEATMORE RANCH
MAY 7 YOGA
MAY 11 OUTING TO FUNLAND
MAY 12 BRAIN INJURY EXPO
(SEE REVERSE FOR DETAILS)
MAY 18 TBA
MAY 21 YOGA
MAY 25 OUTING TO PARK
MAY 28 CLOSED—MEMORIAL DAY
JUNE 1 ROCK IT LANES
JUNE 4 YOGA
JUNE 5 COVERED DISH
THEME: TBA
JUNE 8-10 CAMP TBI
JUNE 15 NURSING HOME
JUNE 22 CHOCOLATE TASTING AT SECOND CHANCE
JUNE 29 COOKOUT AT SECOND CHANCE



Sherl Morden with NASW President, Jeane W. Anastas, PhD, LMSW in Washington DC for the NASW Awards ceremony



Billboard space donated by Lamar; placed in several locations around town.

2012 Officers

Sherl Morden, President

Michael Brill, Chairman

Nita French, Secretary

Sandy Kennedy, Treasurer

A Not-for-profit 501(c)3 Organization Serving the Needs of Adults with Brain Injuries, their Families, and the Community. Second Chance of Northwest Florida, Inc is registered with the State of Florida, Solicitation of Contributions Act.

Our registration number is #SC09281 and 100% of contributions are used for and by Second Chance of Northwest Florida, Inc.

www.secondchancenwfl.com
secondchancefl@hotmail.com

Upcoming Fund Raisers

Volunteers needed

- **BINGO (monthly)**
- **YARD SALE**
- May 4 7AM-1PM**
- May 5 7AM-1PM**
- Fish Fry (Friday ONLY) \$7**

Brain Injury Expo: Community Resources & Prevention

May 12, 2012

8:30AM-1:30PM

200 E Beach Drive

(PCMI's Conference Room)

Sponsored by the Pilot Club and
Second Chance NWFL

**For a full list of speakers please
visit our website,
www.secondchancenwfl.com**

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Jared Padgett Shares His Story—

In August of 2001, I was in Montgomery, AL for my girlfriend's birthday. I met her while I was playing baseball at Wallace College. After spending three days with her, I was on my way back to Panama City. I was traveling on Taylor Road, which connects to highway 231 when the back axel of my Blazer snapped. This threw me off the road. I began to fish tail when I saw a bridge rapidly approaching. I attempted to re-enter the roadway before flying over the embankment.

A road crew had been working on the road and left a nine and one half inch right angle drop off at the shoulder. Upon attempting to re-enter the roadway I bounced off the shoulder three times. On the last attempt I turned the wheel as hard as I could. The front wheels of my truck ramped straight into the air, when my rear wheels hit the shoulder my back left tire

came off of the truck due to a broken axel.

This sent me flipping end over end. My truck flipped three times. On the second flip my seatbelt broke across my throat and I was thrown 85 feet from my truck. I landed in a ditch. God put my angel in the car behind me in the form of a respiratory therapist.

The therapist came over to the spot I had landed. I was choking on some blueberry muffins I had eaten that morning. She cleared my airway and then found my cell phone which had flown out and landed near me. She called the last person that I had talked to and explained the situation. She told them that she was in Montgomery, AL and asked where they were. They replied, Panama City, FL. She told them to hurry but that I probably would not make it until they arrived.

I was in a comatose state for nearly three months. My vocal cords were paralyzed leaving communication almost impossible. I could only answer yes or no questions with one blink or two. After months of rehabilitation and a lot of prayers, I came back to Panama City. Since then I have obtained my Associates, Bachelors and Master of Social Work. I now help those who face the same deficits as me as the Life Skills Training Specialist at Second Chance.

Thank you God for using me to do your work and letting me live.

-Jared Padgett, MSW



Jared with Day Program Members
Terri and Shamika at Rock-it-Lanes

Winn-Dixie FOUNDATION

Second Chance is proud to announce the Winn-Dixie Foundation is investing \$3,500 to serve brain injury survivors in our community. The funds provided by the Winn-Dixie Foundation will be used to purchase food and educational materials for the Second Chance food program and provide an opportunity for brain injury survivors to learn important skills for independence and teach them how to identify and prepare foods rich in vitamins and minerals necessary for both improved brain function and overall health. For more information on the Winn-Dixie Foundation, visit www.winndixie.com

The Egg & I—

Mr. Taylor Toth, owner of the Egg & I restaurant in Panama City Beach, graciously chose Second Chance of Northwest Florida as the beneficiary of donations received at the restaurant's soft opening on March



18th. Second Chance Board members had a great time greeting guests and talking about Second Chance. A total of \$2,508 was raised by the Egg & I for the organization! THANK YOU! The Egg & I serves breakfast and lunch and is located at 1114 Thomas Drive across from the Navy Base.

Krewe of St.

Andrews—

Second Chance would like to thank the Krewe of St. Andrews, King Terry and Queen Carol Hook, for choosing Second Chance as the beneficiary of their fundraising efforts this year! On March

21st the Krewe visited Second Chance to celebrate their donation of **\$5,000** with King Cakes and Mardi Gras beads! It was a wonderful celebration, a great time had by all. Thank you to the Krewe for your belief in Second Chance!

