

# **FINAL REPORT**

## **END OF THE YEAR 2022**

**HEALTH AND WELLBEING  
SUPPORT PROGRAM**



**TBI WARRIOR<sup>®</sup>**  
FOUNDATION

## EXECUTIVE SUMMARY

During the past five years, TBI Warrior® Foundation has been serving people with traumatic brain injury (TBI) and comorbidities that result in significant physical, cognitive and psychological disabilities. The **Health and Wellbeing Support Program** aims to improve the health and wellbeing of individuals affected by long-term disabilities and that of their family caregivers. We strive to promote independence and success in people with disability and being conduit so they can integrate in their own communities; beyond the challenges reaching their full potential.

Our mission is to improve the quality of life of veterans, civilians, and children living with brain injury and their caregivers, through community integration, education, and advancement programs. Thank you for being part of the mission and helping us achieve success along the journey.



SFC(Ret.) Victor L. Medina, MRC CRC  
Purple Heart Recipient  
President and Founder

Paving the path to  
success and  
independence!

## BACKGROUND HEALTH AND WELLBEING SUPPORT PROGRAM

The program consists of three core services,

- 1) Rehabilitation/Vocational counseling
- 2) Access to care
- 3) Respite care for family caregivers

These core services are available and are provided to individuals of any age (veterans and non-veterans) with disabilities and their family caregivers.

Additionally, we create a community through our support group for Veterans and Caregivers

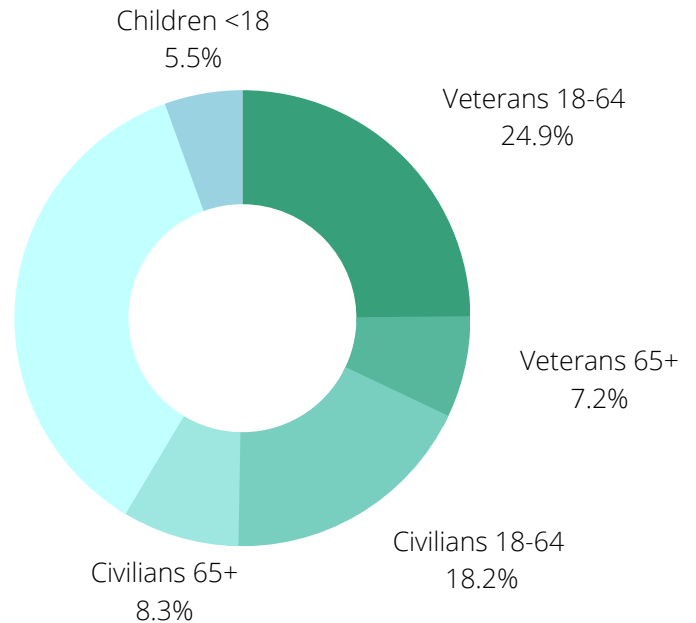


The **Health and Wellbeing Support Program** served a total of 830 individuals with an indirect impact of 2,215 within their household.

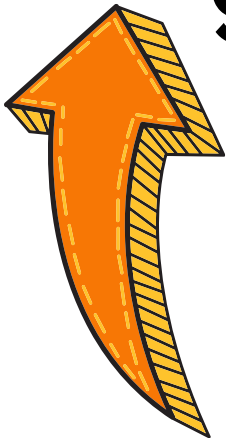
## Who Participated?

In 2022 we had a variety of beneficiaries and higher diversity in our program. We increased the in-person outreach and activities, resulting in a report of decreased isolation compared to previous years.

Family Caregivers  
35.9%



**97%**



## high satisfaction with the services

We are very intentional in delivering the services with excellence. Beneficiaries reported having a "wonderful experience", especially during the application (95%), enrollment (92%), services received (99%), experience with the staff and volunteers (98%), content (95%) and outcomes (97%).

## Quality of Life and Wellbeing

To measure quality of life (QoL) we used the SF-12 (described in Appendix A). The overall findings showed that 90% of those who participated in the services reported better quality of life after receiving services. The quality of life was a comparison between the baseline (enrollment) and at 4 to 8 weeks post-service (refer to table I).

**Table I. Quality of Life Outcomes**

Outcome Measures	Findings
Limitations in physical activities because of health problems.	Slight Change
Limitations in social activities because of physical or emotional problems	Significant Improvement
Limitations in usual role activities because of physical health problems	Improvement
Bodily pain	No Change
General mental health (psychological distress and well-being)	Significant Improvement
Limitations in usual role activities because of emotional problems	Improvement
Vitality (energy and fatigue)	Improvement
General health perceptions	Significant Improvement

**Note:** The QoL scale uses the SF-12 score so that a high score indicates better physical functioning. The Physical Component Summary (PCS) and the Mental Component Summary (MCS) have a range of 0 to 100 and were designed to have a mean score of 50 and a standard deviation of 10 in a representative sample of the US population. Thus, scores greater than 50 represent above-average health status. On the other hand, people with a score of 40 function at a level lower than 84% of the population (one standard deviation), and people with a score less than 30 function at a level lower than approximately 98% of the population (two standard deviations).

TBI Warrior® Foundation serves individuals affected by disability, and as anticipated, at baseline, the beneficiaries older than 18 had a mean score below the general population cutoff. Fifty-five percent of beneficiaries completed the questionnaire at 4 and/or 8-weeks, and there was an overall average improvement of at least 3.5 points for the PCS and/or the MCS. Consistent with last year report the post-service scores were 35 for those older than 18 and a score of 48 for the family caregivers. Despite the improvement, the population we serve reported fair to poor QoL. We strive to continue improving the QoL of people living with disability compared to their baseline state.

## Case Reports

During 2022, we had three unique cases worth highlighting as a case report. The following individuals received multi-services for their critical needs, which resulted in significant success.

**Case #1:** Ron is a combat wounded Veteran that suffered a catastrophic injury in Iraq. Consequently, he sustained an open-head TBI and had total vision loss. Ron expressed interest in returning to school and to continue to live a full life.

**From:** San Antonio, TX

**Services:** Rehabilitation and Vocational Counseling sessions, assistive devices, Monthly support group, and recreational activity (fishing with Veterans) in collaboration with a partnered organization.

**Outcome:** Ron gained confidence and skills to go to college. With the support of the TBI Warrior Foundation, Ron applied to a bachelor's degree program at Colorado Technical University (CTU), where he was accepted with a full scholarship. Ron starts in 2023 and will continue to be supported by the TBI Warrior Foundation Rehabilitation Counseling program.

**Case #2:** Lisa is an elementary school teacher who sustained a TBI due to violence. After extensive rehabilitation, she couldn't cope with her challenges in the workplace. She contacted TBI Warrior Foundation for support and help in the workplace. It was her last attempt to retain her job and continue to fulfill her duties.

**From:** Boerne, TX

**Services:** Rehabilitation and Vocational Counseling sessions and assistive devices.

**Outcome:** Lisa learned how to use the assistive devices for cognitive disability and she reported being able to increase her performance at work. Additionally, she was given guidance and support in requesting reasonable accommodations for her newly acquired disabilities. She has retained her employment and feels confident in her performance. She continues to be a beneficiary who was also connected with partners at the Ecumenical Center for mental health counseling to help with her trauma.

**Case #3:** Veronica sustained a TBI from an auto accident. She has been working for her employer for many years. Despite her success at work, she had significant challenges with retaining her job due to a lack of adaptive devices. She was in need of technology that could help with her cognitive impairments. She also needed financial support for her physical rehabilitation and therapies.

**From:** San Antonio, TX

**Services:** Rehabilitation and Vocational Counseling sessions and Access to Care financial assistance.

**Outcome:** These adaptations leveled the playing field, and now she goes to work and has been able to not only retain her employment but increase her performance at work as well. Additionally, she has been making great progress with her mobility and her overall health.

**These case reports are examples of our philosophy...  
"We don't have to change the World, but we can change  
somebody's World." Our vision is to "Pave the path to  
success and independence"**

# Success!!!

In 2022 we experienced incredible success with the continuity of services and caring for our beneficiaries. The grants were instrumental in everything we do. It has significantly contributed to reducing TBI and mental health stigma by promoting education (i.e., TBI, disability, and caregiver issues). It has also been the conduit for Veterans and non-Veterans to receive access (free of charge) to several local programs.

## New in 2022

We started an in-person monthly support group for Veterans and their family caregivers. The groups meet monthly at the Ecumenical Center, where we have mental health counselors on standby. This is part of the effort to reducing isolation and eliminate despair and hopelessness.



### What are Veterans and their caregivers saying...

"Thank you for doing the support groups. My husband and I look forward to attending. It is fun and my safe space"

"Victor, thank you for including Vietnam veterans, I enjoyed the camaraderie"

"Guys, I came for the food but left with my heart full, thank you for doing this"

#### Support Group for Veterans and Caregivers

Thursday, May 5 / 11:00a.m. - 2:00p.m.

Join us for lunch  
RSVP Today



Learn more at  
[www.TBWarrriorFoundation.org](http://www.TBWarrriorFoundation.org)  
or e-mail us [programs@tbwarrrior.org](mailto:programs@tbwarrrior.org)

#### Veterans and Caregivers Here for each other!



Camaraderie ♦ Trust ♦ Support

In-person gathering in San Antonio, TX  
For more information e-mail us at [programs@tbwarrrior.org](mailto:programs@tbwarrrior.org)

Last Wednesday of each month @ 11:00a.m. - 2:00p.m.

# OUTREACH ACTIVITIES

We participated in several events (virtual and in-person), that focused on increasing awareness and education, direct services and events for individuals with TBI and disabilities, workshops, and trainings with an emphasis on family caregivers. The events included seminars, health and resource fairs, support groups, podcasts, and blogs.



Each year, in collaboration with graduate students from the School of Public Health at Chamberlain University completing their internship at TBI Warrior® Foundation, we conduct a needs assessment among our beneficiaries and the community. In 2022, the top three areas of concern and challenges were associated with basic needs (i.e., food security, transportation, and housing). Limited employment for people with disabilities continues to be a barrier to financial wellness.



## SURVEY

### Needs Assessment

Help us understand your challenges and needs!



# CAREGIVER SUPPORT

The TBI Warrior® Foundation provided in-person and virtual support to family caregivers. It has been demonstrated that a well supported caregiver will be beneficial and it is associated with better health-related outcomes for the person they care for.



Seminars/ Workshops/ Coffee & Tea-time/Painting with Health Coaching/Support Group/Drumming with Mental Health Counselors





# Client Experience

Throughout the year, we receive letters and messages from people who were served by TBI Warrior Foundation and from our partners.



Our experience at the last caregiver support meeting inspired Nathan to be comfortable attending a community event - a firehouse open house. Despite the crowds and risk of loud noises and other headache triggers, he was able to walk with us (including Rita, not pictured, she's feeling shy here) the 2.5 miles total to attend the event and even talked to some firefighters and police officers there without my immediate presence. Our kids had a blast and I see his confidence growing daily. We were sorry to miss the June meeting due to a cascade of conflicts but fully intend to be there in July! Y'all are awesome and we love TBI Warrior!

Thank you for this opportunity!! Amanda and Nathan

“

I want to give a huge THANK YOU again for assisting my client, with financial assistance toward his Physical and Occupational Therapy sessions. They received the check for \$350 and they are so grateful and wanted to send their appreciation.

Your contribution to our community is not overlooked and makes such a positive impact.  
Have a great day!~ Collaborator

”

“

Thank you all so much. We really appreciate the help during our difficult time. Your generosity is invaluable. You all have been a blessing to our family!

Again, thank you so much!! We truly appreciate your generosity. ❤️❤️

-Raquel Woelfel

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From a caregiver who found new inspiration in gardening after participating in self-care workshops...

"I just wanna say thank you to everyone in the group. It is by far my favorite and number one group to check on. Roxana Delgado you and Victor Medina have created such an amazing safe place for people like me. Sherri Piper you my friend bring a joy to my soul that is hard to put into words. I'm so glad I get to start 2023 with all of you guys in my life"

Thank you to our grantors, sponsors, donors, Board of Directors, staff, and volunteers. Most especially, thank you to the community that trusts us and seeks the help they need, knowing that we will not leave them to walk their journey alone.



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