

Bridging the Gap: BEST's Vision for Brain Injury Recovery

Brain Education Strategies & Technology (BEST) is an educational nonprofit organization that helps people with brain injury rebuild skills, learn compensatory strategies, regain independence, and improve the quality of their lives.

BEST is dedicated to empowering brain injury survivors through free and low-cost online webinars, workshops, and educational resources focused on cognitive skills and technology. Brain injury is a chronic condition that can last a lifetime. BEST fills the critical gap between medical treatment and the rest of your life.

BENEFITS OF OUR WORK

- Ability to support survivors at any stage of their journey
- Access to BEST's founder's over 35 years of experience and expertise teaching survivors in Coastline College's Acquired Brain Injury Program
- Practical strategies help brain injury survivors overcome challenges and improve daily function.
- Programs apply the Making Cognitive Connections Approach so that attendees discover how the skills they learn are interconnected and build upon one another
- Use of smart devices as cognitive prosthetics for brain challenges

WHAT MAKES BEST SPECIAL

- Free and low-cost access to educational programs and online community forum
- Accessible regardless of financial means or insurance
- Accessible online for those who may not have services where they live
- Available anytime for survivors to work at their own pace
- Developed with input from individuals living with brain injury
- AfterHours discussions enable attendees to ask questions, share their strategies, and develop relationships with other survivors
- BESTies from around the world

CLIENT TESTIMONIALS

"I've never found anything quite like BEST before. I feel treated as a smart individual and not talked down to...Instead, I feel understood and validated."

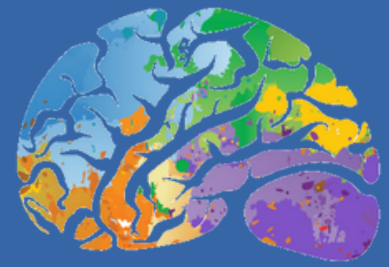
"It's the most effective and most supportive help I've gotten since my injury six years ago..."

"Wish I had known about the program sooner as that may have helped with navigating life post-injury."

"The information is relevant to my life and presented in a way that I can implement into my own day-to-day."

Our Impact





BEST webinars and are designed to help brain injury survivors build awareness about the cognitive and social changes they experience after brain injury and to provide practical strategies to deal with common challenges. Each webinar includes handouts, live chat with Q&A, and an AfterHours discussion immediately following the webinar.

BEST workshops expand the information presented in our webinars to provide survivors a deeper learning experience, practice opportunities, and an emphasis on applying the strategies they learn. Workshops include a multi-week curriculum, handouts, instructional recordings, interactive live sessions, and small breakout groups.

Sample Programs

Cognitive Building Blocks

- What Is Cognitive Rehabilitation, and Why Is It Important?
- Self-Regulation to Take Back Control After Brain Injury
- The 4 Stages of Learning
- It's Not Laziness, It's Initiation
- Pace Yourself to Help Manage Neurofatigue
- Build Your Self-Efficacy After Brain Injury

Learning Series

- Learning Styles & Why They Matter to Everyday Success
- Compensatory Strategies for Success
- Mindset Matters

Memory Series

- Where It All begins... Attention & Memory
- Find Your Voice, Prepare What to Say
- Make a Note of It!
- Note-Taking as a Memory Strategy
- Using Smart Devices as a Memory Prosthetic

Executive Function Series

- Executive Function & Brain Injury
- Organization for Success
- Time-Management for Success
- Decision-Making for Success
- Problem-Solving for Success
- Goal-Setting for Success

Webinar Feedback

