



Brain Injury Coping Skills Group (BICS)



What is BICS?

BICS is a specialized group treatment that teaches practical coping skills for people with brain injury and a care partner or family member. **It can be a helpful next step at any point in recovery - even years after the injury.**



Handling Your Questions

With BICS, we're here to face your questions, handling concerns such as

- What Happened to My Brain?
- How Do I Support a Loved One?
- Why Are My Emotions Different?



Research Evidence

Compared with people who did not receive BICS, participants reported:

- More Confidence
- Better Emotional Outcomes
- Reduced Emotional Challenges



Group Goals

By meeting with BICS and using practical tools, patients and their loved ones:

- Understand the Injury
- Build Practical Skills
- Move Forward Together

Hear From Participants

"It gives us tools to think about. There is no other group like this. We are so blessed to be able to get this information. Everybody should go through this group. You don't have to have a brain injury to benefit from all of this." - **Bill D.**

"BICS saved my life." - **William S.**

Practical Areas of Recovery

Each session turns information into usable strategies for daily life.

- Brain Injury & Its Effects
- Expectations for Recovery
- Emotional Challenges
- Connection & Support
- Coping & Stress Management

The Best
in Indiana



**Questions?
Ready to Participate?
Contact Cathy Kravitz**

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