

# Q&A with Brain Injury Day Treatment (BIDT) Program

## What is a brain injury?

Injuries can occur to the brain in many ways. For instance, a brain injury can be brought on by medical problems such as a stroke or a brain tumor. These are called nontraumatic brain injuries. But most often, brain injuries are due to a violent blow or jarring to the head. These are called traumatic brain injuries.

If an individual has suffered a brain injury, the Brooks Brain Injury Day Treatment (BIDT) program can help. This program can help ease the transition from acute care / inpatient rehabilitation to the home. It was created to help improve cognition/ thinking skills, communication ability, social skills and emotional lability all while one continues to regain physical abilities.

## What is the BIDT program?

The BIDT program uses a comprehensive and inter-disciplinary treatment model to help individuals who have sustained either a traumatic or nontraumatic brain injury.

**“I have recovered so much faster than I thought, and thank you to everyone here!”** – Quote from a former program participant

## Who attends the BIDT program?

This program is available to anyone 16 and older who has suffered a brain injury. These injuries could include traumatic brain injuries, strokes, and anoxic brain injuries, to name a few. The individual must be able to participate in six hours of diverse therapeutic activities with the majority of the time spent in a group setting.

**“Great team approach. I benefited from the camaraderie. I never realized I was isolating myself until I came here and opened up to others with the same challenges. I realized how lucky I was when I met others and the problems they faced. Acceptance without pity was a very welcome greeting.”** – Quote from a former program participant

## What type of services are offered in the BIDT program?

After the patient participates in the program for over a week, a treatment plan is created to match the needs of the patient. This model provides the individuals with up to as many as 30 hours of therapy per week. Therapy services include

individual speech, occupational and physical therapy along with psychotherapy, cognitive group-based therapies, physical reconditioning group therapies, and a support group. We also have a case manager who works with the patients and their families during their time in the program, as well as a rehabilitation technician to help with daily needs within the program.

**“You all have given me the tools I need. Now it’s up to me to use them. I have loved working with you all and I highly recommend anyone that would need rehab to please come here.”** – Quote from a former program participant

## When is the BIDT program?

The program operates daily Mondays through Fridays from 9 a.m. to 3 p.m. While the majority of the patients participate in the program on a full-time basis, some patients may participate at a reduced schedule as well. For instance, participation in the program may be reduced while re-introducing the patient to a work schedule.

## Where is the BIDT program?

The BIDT program is located within Brooks Behavioral Medicine at the Healthcare Plaza at **3901 University Blvd S, Jacksonville, FL, 32277.**

## How to contact us?

Please reach out to our case manager of the BIDT program, Erika Albertie-Young, LCSW, at **(904) 345-7223.** She can discuss more details of the program with you and answer any questions you may have.

**“(You) have all become friends and like family as we have shared the successful recovery as well as the hardships and learned a lot along the way.”**  
– Quote from a former program participant

## Meet the BIDT Program Team



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