

The Brain Injury Day Treatment (BIDT) Program uses a comprehensive and interdisciplinary treatment model to help individuals who have sustained either a traumatic (e.g., moderate-to-severe) or nontraumatic (e.g., CVA) brain injury. This team includes neuropsychologists, psychologists, cognitive rehabilitation therapists, speech-language pathologists, occupational therapists and physical therapists all with specialized training in brain injuries. There is a program assistant who provides assistance to the patients, as well as the therapists, throughout the treatment day. There also is a program case manager who works with the patients and their families during their time in the program.

The BIDT program was created to help improve cognitive/thinking skills, communication ability, social skills, physical functioning, and emotional stability, with the goal of increasing independence and returning to the community. Additional components of the program include (when appropriate) community outings, grocery shopping, cooking, school re-entry, and return to work training.

### WHO

- Individuals that are 16 and older who have suffered a brain injury. These injuries could include traumatic brain injuries, strokes, and anoxic brain injuries, and other acquired brain injuries.
- 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.

### WHAT

- After a 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 individual with up to more than 30 hours of therapy per week. Therapy services include individual speech, occupational, and physical therapies along with psychotherapy, cognitive group-based therapies, and a support group.

### WHERE

- The BIDT Program is located within Brooks Behavioral Medicine at the Healthcare Plaza at 3901 University Blvd. S, Jacksonville, FL 32216.

### REQUIREMENTS

- Ability to work in a group-based setting on cognition (“thinking skills”)
- Dependable transportation
- Funding/insurance

### REFERRALS

- Please contact the case manager of the BIDT Program, Kelli McNames, COTA/L at **(904) 345-7223** or email her at [kelli.mcnames@brooksrehab.org](mailto:kelli.mcnames@brooksrehab.org).
- Referrals can be made by hospitals, rehabilitation facilities and case managers. A signed order will be needed from a medical provider/physician.
- For more information on our program, you can visit our website at <https://brooksrehab.org/services/brain-injury-day-treatment/>.

