



BRAIN INJURY CENTER OF VENTURA COUNTY

HEADTALES

Giving Hope a Helping Hand

Spring 2026

P. O. Box 1477 • Camarillo, CA 93011 • 805-482-1312

www.BrainInjuryCenter.org

Commemorating
NATIONAL

BRAIN INJURY

AWARENESS MONTH

INSIDE

VR Therapy for Brain Injury Recovery

New hospital study brings immersive healing to the bedside

The Intersection of Aging and Brain Injury

Practical steps for staying sharp, steady, and supported



VR Therapy for Brain Injury Recovery

New hospital study brings immersive healing to the bedside

By Kristen Linton, MSW, Ph.D.

Brain Injury Center of Ventura County Board President &
CSUCI Associate Professor of Health Science



Vision challenges and the cognitive ability to focus are very common after a traumatic brain injury (TBI), especially in the early stages of recovery. Many individuals experience difficulty focusing their eyes, tracking movement, or tolerating visual stimulation. These challenges can interfere with daily functioning, social skills, and participation in rehabilitation. In busy hospital settings, traditional vision therapies can be difficult to deliver consistently due to time, staffing, and equipment constraints.

This first-of-its-kind pilot study explored whether a brief, calming virtual reality (VR) experience could be delivered directly at the hospital bedside to support eye focus and overall comfort for patients with acute TBI. To our knowledge, this is the first hospital bedside VR intervention specifically designed to support eye-focus rehabilitation during the acute phase of recovery. This project is an extension of an outpatient VR study we have been conducting at Brain Injury Center of Ventura County with people who are at least one year post-injury.

The project was a collaborative effort between Brain Injury Center of Ventura County, California State University Channel Islands, Ventura County Medical Center, and University of California Santa Barbara. The study was led by physicians Drs. Graal Diaz, Ari Solomon, and Javier Romero from Ventura County Medical Center, along with Dr. Kristen Linton from California State University Channel Islands. Students from CSU Channel Islands and UCSB played a key role in supporting data collection, contributing to a hands-on, interdisciplinary research experience.

Two CSU Channel Islands' Health Science students are shown in the photo conducting Virtual Reality rehabilitation with a patient at Ventura County Medical Center (Jaylyn Aragon, left & Pragati Pragati, right). The patient is blurred for privacy. The students can see what the patient sees in the scenario using an iPad.

Twelve adult patients with mild to severe brain injuries participated in short VR sessions at their hospital bedside using a Meta Quest Pro headset. Longitudinal data on seven patients was obtained. Using a guided "Beach Stroll" environment, patients were encouraged to gently focus their eyes on a still visual target as they strolled slowly down the Pt. Mugu Beach for just a few minutes at a time.

The results are encouraging. Across sessions, patients showed steady improvement in their ability to maintain eye focus, increasing from about 15% at the beginning to nearly 70% by the final session. Patients also showed positive changes in pain, anxiety, heart rate, and blood pressure after the VR sessions, suggesting that the experience may have supported both visual engagement and relaxation. No negative side effects were reported.

Patients described the experience as "really soothing," "low stimulation," and even "the coolest thing I've done in the hospital."

Board of Directors

Mohit Chhaya

John A. Cortes

Graal Diaz

Sally Grove

Amy Knight

Kristen Linton, MSW, Ph.D

Jenna Prewitt

Sue Tatangelo, MAOM

Asa Vaughn-Burnett MPA

Professional Advisory Council

Jarice Butterfield, Ph.D., CBIS

Peggy Harris, MPH, CBIS

Erik Lande, Ph.D.

Robert Tomaszewski, Ph.D.,
ABPP-CN

Executive Director

Christine Stamegna, CBIS, ARF

Program Coordinators

Lily Zepeda, CBIS, ARF

Anna Gendron CBIS, ARF

Ambassadors

Bernadette Lyons - Sales

Ryan Clem

Linda Koplan

Jenna Prewitt

Jorge Suarez

Tyler Sutton

Fundraising Committee

Suzanne Becerra

Michele Grindstaff

Laurel Householder

Amy Knight

Julie Newsome

Christine Stamegna

Terri Stuteville

Sue Tatangelo

Make a Donation



Make your donations monthly and help us as we continue to provide support to brain injury survivors and their families!



braininjurycenter.org/donate

Clinical Implications

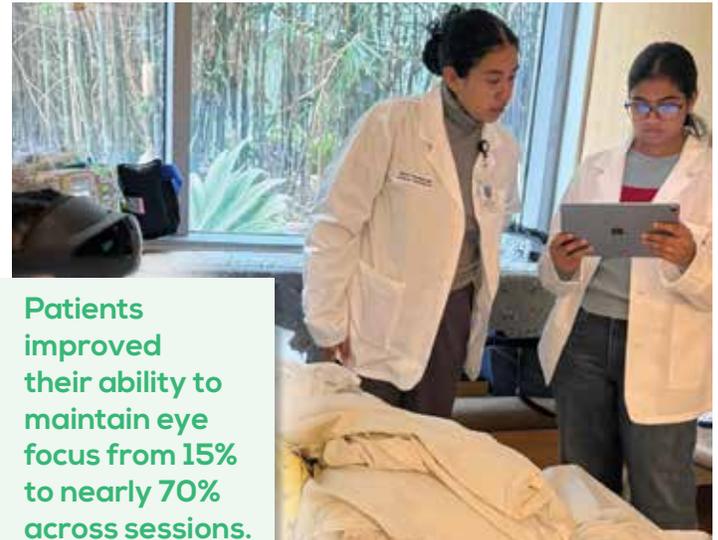
This study demonstrates that bedside VR can be safely and feasibly integrated into acute hospital care for individuals with brain injury. The rapid improvements seen within sessions suggest that patients may be able to engage and adapt quickly, highlighting the potential value of introducing gentle visual training early in the recovery process.

Because the VR sessions were brief, portable, and well tolerated, this approach may offer a practical addition to existing rehabilitation services particularly in hospital environments where time and resources are limited. The observed reductions in pain, anxiety, and physical stress also suggest that VR may help patients feel more comfortable and better prepared to participate in other aspects of their care.

Looking Ahead

This collaborative project was supported by small grant funding from California State University Channel Islands and the California Department of Rehabilitation. An abstract detailing the study findings has been submitted for presentation at the VMed Conference in Los Angeles in Spring 2026, where the team hopes to share results with clinicians,

researchers, and technology leaders from across the region. Together, this partnership highlights just what a large impact our organization has.



Patients improved their ability to maintain eye focus from 15% to nearly 70% across sessions.

Banner House: A Safe Haven for Brain Injury Survivors



Banner House is a well-appointed residence exclusively for brain injury survivors, offering a peaceful and supportive environment with expansive landscapes, open yards, patios, and gardens. **We currently have TWO BEDROOMS and THREE BEDS available for individuals in need of a safe, nurturing place to stay.** Our client-centered approach emphasizes both cognitive and physical rehabilitation, with daily activities designed to support healing and independence. Residents enjoy organic, non-GMO meals tailored to a wide range of dietary needs.



MOVE-IN SPECIAL
50% off
FIRST MONTH

BANNER HOUSE

Adult Residential Facility
Exclusively for Brain Injury Survivors
805-482-1312
info@braininjurycenter.org
50 Banner Avenue
Ventura, Ca 93004
CDSS ARF #567609739

braininjurycenter.org

Banner House is staffed by Certified Brain Injury Specialists with state administrative credentials and caregivers trained in both personal care and brain injury support. Rates begin at \$7,500/month and are based on client needs. Financial assistance is available to those who qualify.



The Intersection of Aging and Brain Injury

Practical steps for staying sharp, steady, and supported

As we grow older, our bodies and minds go through many changes. One of the most important parts of our body—the brain—changes too. For some people, aging can become more challenging when brain injuries are part of their past or present. Understanding the connection between aging and brain injury can help us take better care of ourselves and the people we love.

How Brain Injuries Happen?

A brain injury can happen to anyone at any time. It might be the result of a fall, a car accident, or a sports injury. Some brain injuries, called traumatic brain injuries (TBIs), happen suddenly and unexpectedly. Others might come from a stroke or a lack of oxygen to the brain. While some people recover quickly, others deal with long-term effects. Memory problems, mood swings, or trouble concentrating might linger for years.

The Challenges of Aging with a Brain Injury

As we age, our brains naturally slow down. It's common to forget names or misplace your keys. For someone with a brain injury, aging can make these challenges harder. Brain injuries can speed up aging in the brain, leading to early memory loss or conditions like dementia. Everyday tasks might take longer, and staying focused can become more difficult. Emotional changes, like feeling sad or anxious, can also become more common. Physical challenges like balance issues or trouble walking can worsen, increasing the risk of falls and further injuries.

Taking Care of the Aging Brain

The good news is that there are many ways to support brain health as we age, even for those with a history of brain injuries.

- **Stay Active:** Regular exercise keeps blood flowing to the brain. Simple activities like walking, yoga, or gardening can make a big difference.



- **Eat Well:** A healthy diet full of fruits, vegetables, whole grains, and lean protein supports brain function. Foods rich in omega-3s, like fish or walnuts, are especially good for the brain.
- **Challenge Your Mind:** Puzzles, reading, or learning something new can keep your brain sharp. Even small things, like trying a new recipe or taking a different route on your daily walk, can help.
- **Get Enough Rest:** Sleep is when the brain recharges. Aim for 7-9 hours of sleep every night to feel your best.
- **Stay Connected:** Loneliness can harm mental and emotional health. Spending time with friends, family, or community groups can lift your spirits and keep your mind engaged.

Aging with a brain injury can feel overwhelming at times, but no one has to face it alone. Doctors, therapists, and support groups can offer guidance and encouragement. Family and friends can also play a big role in helping you stay active and positive.

Aging and brain injuries may bring challenges, but they don't define us. By taking small steps every day to care for our bodies and minds, we can lead meaningful, fulfilling lives. Remember, it's never too late to focus on your health and well-being. Stay hopeful, and take life one day at a time.

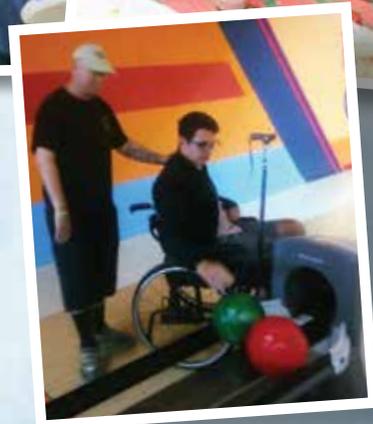


**Support
BIC with a
generous
donation**

The Brain Injury Center of Ventura County is grateful for your support. We rely on the community's generosity to enable us to fulfill our mission of helping people with brain injuries and their families. Brain Injury is permanent, yet survivors' lifelong challenges and needs change over time. BIC provides programs and resources for survivors and caregivers at every stage in life and continue to fill a huge gap in services for adults with brain injury. Especially during National Brain Injury Awareness Month, please consider giving a gift that will make a significant difference in the lives of those affected by brain injury. If you can, please complete the attached envelope with your contribution and drop it in the mail.

Thank you!

2026 Memories



Financial Reports and Program/Client Information

2025

REVENUE

Banner House Services	\$458,695
Direct Public Support	\$86,690
Foundation Grants	\$185,828
Government Grants and Contracts	\$255,885
Total Income	\$987,098

EXPENSES

Development/Fundraising	\$36,382
General Operating Expenses	\$33,968
Personnel	\$639,717
Programs	\$192,681
Total Expenses	\$902,748

Net Operating Results **\$84,350**

ASSETS

Bank Accounts	\$249,857
Accounts Receivable	\$23,626
Other Current Assets	\$19,568
Fixed Assets	\$762,930
Other Assets	\$38,066
Total Assets	\$1,094,047

LIABILITIES AND EQUITY

Current Liabilities	\$22,614
Long-Term Liabilities	\$662,669
Equity	\$408,764
Total Liabilities and Equity	\$1,094,047

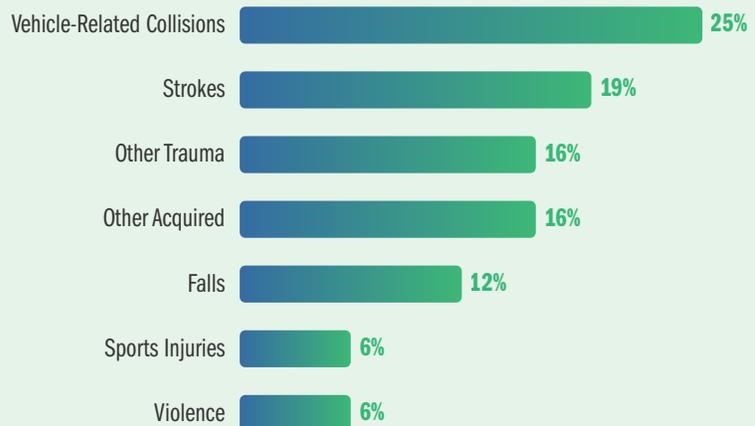
PROGRAM PERCENT OF CLIENTS



7,472
SERVICES

to 907 individuals
impacted by brain
injury in 2025

CAUSE OF BRAIN INJURY PERCENT OF CLIENTS



Thank You to our Volunteers



We couldn't do it without you!

If you would like to volunteer with us please contact
info@braininjurycenter.org

2025 DONATIONS

Thank you for Giving Hope a Helping Hand

Adolfo Grill & Daily Bar	Employers Depot, Inc.	Karen's Kreations	Mackinney)	Swift Memorial Health Care Foundation Charitable Fund
Agave Maria's Restaurant & Cantina	Eric Kramer	Kay Liddi	Oceanview Medical Specialists	Sylvia Mack
Alexandra Harney	Eric Pham	Kendis Fishman	Ojai Valley Inn	Tami Davis
Allied Managed Care, Inc.	Erin Burke	Kohen Educational Services (Dr. Robert D. Kohen)	Olas de Carlos Surf Grill	Terri Stuteville
Aloha Steakhouse	Expert Nails	Las Posas Country Club	Olio e Limone Ristorante	The Beauty of Charcuterie
American Legion Riders Chapter 741	Fox Fine Jewelry	Laura Riley	Oxnard Harbor District, The Port of Hueneme	The Bookworm
Any Knight	Frank and Christine Longbine	Lily Zepeda	Oxnard Police Department	The Camarillo Rotary Foundation, Inc.
Anacapa Surgical Group, Inc.	Fred and Donna Davies	Linda Koplan	Pacific Pain Management Inc	The Ivy Mae Salon
Barbara Lewin and Philip Tankel	Gerard and Allyson Harney	Linda Patterson	Patrick and Barbara Patten	The Little Garden Spa
Benom Winery	Glenna Clark	Linda S. Wells	Patty Gammons	The Refill Shoppe
Bert and Jeffrey Kaplowitz	Gold Coast Health Plan	Lisa Morris	Paul and Adeline Englund	The Richard M Schulze Family Foundation
Betty Belts	Graal Diaz	Lisa's Nails	Peggy Harris	The Varsity Club/SIS Athletics (Tony Garcia)
BIC Board of Directors	Granada Theatre	Livingston Memorial Foundation	Plush Med Spa	Thomas Jacobsmeyer and Mary Prather
Bill and Donna Dowden	Grassroots Yoga	Logix Federal Credit Union	PRP Wine International (Jeffrey Shapiro)	Tim Olson and Yvonne Serros
Bill and Elise Kearney	Greg Manoly	Los Angeles Clippers Foundation	Ralph's (Kroger) Grocery Stores	Tobin James Winery
Bob and Carol Cole	Hal Epstein	Louisa Wallace Jacobs	Rex Kochel	Tom and Sue Tatangelo
Brandon Garrett	Home Helpers	Lyskin Financial Advisory	Richard Riley	Tony Suleiman
Brian McAdams	Hungary Bees, Inc.	Mamma J's Crafts	Rick and Kristen Linton	Trader Joe's
Brian P Burke	Image Resort	Manhattan of Camarillo	Rita Matson	Underwood Family Farms
BrightStar Care	Insight Investment Counsel	Margaret Peterson	Rob James	Van Gundy Diamonds
Buster and Liana Staniland	Island Packers	Mark A Hirshfeld	Robert and Laurel Householder	Vance Garcia
California Community Foundation	James King	Mark-It Place	Rod and Laurie Oberlander	VCMC Trauma
Camarillo Health Care District	Jayne Robles	Mary Ann Cohen	Ronnie and Ed Stein	Ventura Botanical Gardens
Carole Savala	Jennifer Elson	Matthew Harney	Rosa Luz Mayfield	Ventura County Community Foundation
Cass Winery	Jennifer Nickerson	Meadowlark Service League	Ruth Walker	Ventura County Credit Union
Charities Aid Foundation America	Jenny Hendrickson	Mechanics Bank	Sally Grove	Ventura County Sheriff's Office
Choice In-Home Care LLC	Joe and Suzanne Becerra	Michael W McCarthy	Senior Helpers Thousand Oaks/ Mona Agarwal	Ventura Downtown Lions Club
Chuck Watson and Sara Radding	John and Michele Grindstaff	Mike and Jill Spasiano	Skyler and Chrissy Stamegna	Ventura Music Hall
Community Memorial Healthcare	John Bryant	Mike and Linda Prewitt	Smidt Family Foundation	Victoria Chandler
Corey and Patricia Wendt	John Nicholls Gallery	Miriam Packard	Soares, Sandall, Bernacchi & Petrovich LLP	Walter and Paula Dunlop
CTS Empires (Marlon Caballero)	Jonathan Morato	Mirror Metals, Inc (Gordon Heck)	St. John's Hospitals	Wayne and Barbara Davey
Darrell and Kara Ralston	Jose Manzano	Mitchell, Stankovic & Associates	State of California - Department of Rehabilitation	Wood Ranch
David Krier and Susan Fuller	Joshua and Mary Kay Kaufman	Mohit Chhaya	Stephen Wall	Yolanda's Mexican Cafe and Snapper Jack's Taco Shack
Debora Schreiber	Judith White	Money Pancho's	Sterling Hills Golf Club	
Debra Friedman	Judy Kerr	Music Freqs	Sterling Venue Ventures	
Dotti Oliver	Juice Swell	Nancy Merman	Steve Morgan	
Edward and Patricia Cormier	Julie Newsome	Nancy Vandermay	Susan and Steven Ross	
Elite Island Resorts	Julius Gius Memorial Rotary Foundation	Nansi Richard		
	Karen and Cary Pritikin	NeuroRestorative (Brandy		

OUR APOLOGIES IF WE HAVE MISTAKENLY MISSPELLED OR LEFT OUT ANYONE

Dates to Remember 2026

- MAR 18** "The Dynamic Brain: An Introduction to Neuroplasticity After Brain Injury" Centre for Neuro Skills Workshop, 10am Camarillo Health Care District
- APRIL 4** Springtime Brunch, Banner House, 10am
4th of July Party, Banner House, 12pm
- JULY** Memory McAdams Walk & Roll
- FALL 2026** Stephanie Coppage Bowl & Roll
- SEPT 19** Fall Party, Banner House, 12pm
- OCT 10** An Evening of Magical Memories, our annual fundraiser and gala event—Not to be missed!!



**Brain Injury Center
of Ventura County**
P.O. Box 1477
Camarillo, CA 93011-1477
(805) 482-1312
www.BrainInjuryCenter.org

Memory McAdams
WALK & ROLL

COMING IN JULY!
Activities for the whole family including: arts and crafts, music, games, and more!
Call or visit our website for more information

Stay Connected

The Brain Injury Center of Ventura County offers several ways to stay engaged and informed.

-  Join us for quarterly social activities. Check our website calendar for details!
-  @Facebook.com/BrainInjuryCenter
@Facebook.com/eveningofmagicalmemories
-  Instagram
@braininjurycenter
-  Visit our website
www.BrainInjuryCenter.org

Stephanie Coppage



Celebration of Survival COMING SOON!

Join us as we celebrate with Stephanie Coppage, friends and family. Music, raffle prizes, opportunity drawings and more.

For more information contact Laurel Coppage at 805-415-3702 or email her at lcop0112@hotmail.com. All proceeds benefit the Brain Injury Center of Ventura County.

An Evening of Magical Memories



Benefitting the Brain Injury Center
SATURDAY, OCTOBER 10, 2026

Las Posas Country Club, Camarillo
Sponsorship opportunities are available
Champagne Reception, Silent and Live Auction,
Gourmet Dinner & Award Presentation
To purchase tickets or inquire regarding

Sponsorship Opportunities
Please call 805-482-1312
braininjurycenter.org

Brain Injury Center is a
501C (3) non profit
organization
Tax ID 77-0491413

SCAN ME

