



triton brain
injury network

2022-2023

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Word from Founder

The idea behind Triton Brain Injury Network (TBIN) came to me about a year ago. Since high school, I have been part of multiple meaningful service organizations but I always wanted to start my own. It took me some time to figure out what type of organization I wanted to start, but over a few months, I knew exactly what I wanted it to be.

When I was in third grade, I suffered from seizures due to a lack of sleep. I have these brief memories of the day I was taken to the emergency but what I remember vividly is feeling completely scared. That feeling lasted for a while even after I completely recovered as I didn't know how to communicate with my friends and family about what happened. When I got older, I wanted to understand how lack of sleep can cause seizures; however, I couldn't find a clear answer. The brain is so complex that there is so much that is not understood. Sometimes the smallest injury can have the most drastic and long-lasting effects. What happened to me is very small compared to what most traumatic brain injury survivors have. I can only imagine how hard life can be after a traumatic event.

And that's where I got the inspiration for TBIN. TBIN partners with the San Diego Brain Injury Foundation (SDBIF) to pair brain injury survivors with UCSD college students to provide social and recreational support. The hope is that survivors will be able to receive support during the early and later phases of adjustment in the community. I truly hope through TBIN, I am able to create positive change in the survivors' lives and have others join me on this journey. It's always important to remember that a little goes a long way.

Sincerely,



Likitha Aradhyula
Founder of Triton Brain Injury Network

Our Mission

Triton Brain Injury Network (TBIN) is a student organization at UC San Diego that works to create a space where UCSD students and brain injury survivors can connect. Our mission is to provide recreational support and prioritize the comfort and happiness of brain injury survivors. By partnering with San Diego Brain Injury Foundation (SDBIF) and Peer Support Network (PSN), we hope to expand the impact we can make as an organization.

Partnership with San Diego Brain Injury Foundation

San Diego Brain Injury Foundation (SDBIF) was founded in 1983 with the mission to improve the quality of life for brain injury survivors and their families living in San Diego County. They serve over 5,000 individuals every year through their various programs through their residential care facility and therapy programs. TBIN has partnered with SDBIF to provide peer and recreational support to our survivor members by students. Our hope is that through this partnership, survivors will be able to gain social connections and reduce isolation.

The Team

The people behind TBIN

Likitha Aradhyula: Founder



Aaron Segal: President



Kathy Chiang: Vice President



Bernice Hwang: Secretary



Summer Wang: Publicity & Marketing Chair



Susan Nguyen: Webmaster & Outreach Chair



Jahnvi Prasanna: Finance Chair



TBIN and the Pandemic

Our first priority is the comfort and safety of our survivors and students, especially now during the pandemic. As the pandemic is starting to end, TBIN will slowly transition from a virtual environment to an in-person environment. Since TBIN is a student organization, we will be following the guidelines the university places on us. We aim to maximize our impacts and create a safe space while prioritizing the safety of our members. Our events will be a mix of online and in-person.

Survivor Members

If you are a brain injury survivor and would like to join TBIN, please email us at tbinucsd@gmail.com with your name, phone number, and information about you (e.g. hobbies and interests) that we can use to pair you with a UCSD student. You can also fill out the [form on our website](#).

If you are already a member of TBIN and are confused about TBIN or have some requests, please email us and we will do our best to meet your requests and clarify any confusion.

Student Members

Application Process for New Members

TBIN accepts new applications at the beginning of each quarter. To apply, you must fill out the application [found on our website](#) by the due date. Applications will be reviewed by the officers and then approved applicants will be given an opportunity to interview. Accepted applicants are required to attend mandatory training (no make-ups) to become a TBIN member. Below are the dates for the application process each quarter.

| | Fall '22 | Winter '23 | Spring '23 |
|----------------------|----------------------|-----------------------|--------------------|
| Application due date | September 28 | January 10 | April 4 |
| Interview Dates | September 29-30 | January 11-12 | April 5-6 |
| Acceptances Release | October 1 | January 13 | April 7 |
| Mandatory Training | October 2 (time TBD) | January 14 (time TBD) | April 8 (time TBD) |

Once you are an approved member of TBIN, you do not need to re-apply for the following quarters.

Membership Obligations

At the beginning of each quarter, each member is required to pay a \$10 deposit that will be refunded at the end of the quarter after having fulfilled all mandatory membership obligations. Below are the quarterly obligations that members must complete:

*Any change in membership obligations will be announced early in advance so members can know as soon as possible.

| Fall '22 | Winter '23 & Spring '23 |
|---|---|
| <ul style="list-style-type: none"> - Attend 2 out of 4 GBMS (must attend either GBM 1 or GBM 2) - Attend 2 out of 4 Monthly Hangouts (Virtual Game Days & In-person Socials) - 1:1 Meetings with Survivor - Participate in Quarterly Fundraiser (replaces 1 GBM or 1 Monthly Hangout) | <ul style="list-style-type: none"> - Attend 3 out of 5 GBMS (must attend either GBM 1 or GBM 2) - Attend 2 out of 4 Monthly Hangouts (Virtual Game Days & In-person Socials) - 1:1 Meetings with Survivor - Participate in Quarterly Fundraiser (replaces 1 GBM or 1 Monthly Hangout) |

Proof of 1:1 Meetings

After every 1:1 meeting with your survivor, you must [fill out this google form](#) for it to count. For proof of meeting, you can upload a screenshot/picture of your 1:1 meeting. These pictures will not be posted anywhere without the survivors' or your permission. If the survivor is uncomfortable with having their picture taken, he or she can have their video off; however, do let us know so we can make a note of it. For the takeaway, please have a small description of how the meeting went. Again, we will not publish your entry anywhere without the survivor's or your permission. The point of the entry is to ensure our members are actually meeting with our survivors. We will also be contacting our survivors to check if entries are valid.

Contact Information

Email: tbinucsd@gmail.com

Website: tbinucsd.com

Facebook: @Triton Brain Injury Network

Instagram: @tbinucsd

Venmo: @TBINUCSD