

# RISE: Rising together In Search of Excellence

## A Program for Individuals with Acquired Brain Injury



**MINDSOURCE**  
BRAIN INJURY NETWORK

**CRAIG** | NEUROREHABILITATION  
& RESEARCH HOSPITAL

Arapahoe Community College, in collaboration with Craig Hospital and MINDSOURCE-Brain Injury Network at the Colorado Department of Human Services is offering an innovative program designed to bridge the transition between hospital-based rehabilitation and return to the community for adults living with Acquired Brain Injury (ABI). All classes are non-credit.

### Summer 2022

S.A.I.L. Course 6.21-8.9

Tues 1-3PM

ONLINE VIA ZOOM

This course follows the Self Advocacy for Independent Life (S.A.I.L.) curriculum, an evidence-based\* program addressing self-advocacy and self-management after ABI, emphasizing 5 core areas:

1. Self-Assessment and Goal Setting
2. Wellness
3. Cognitive Skills
4. Information and Resources
5. Psycho-Social Skills

### Is the RISE program right for me or someone I know?

- Have a desire to attend and participate in a community college course that supports self-advocacy, life-management skills, and productive community engagement
- Be able to attend to personal care needs or provide a personal care attendant
- Remain an active participant through the length of the course
- Be able to provide medical documentation or other verification of a sustained moderate to severe acquired brain injury (ABI) or traumatic brain injury (TBI)
- Be between the ages of 17 and 65

### Department of Vocational Rehabilitation

RISE classes may be considered for personal adjustment training support.

**ACC**  
WORKFORCE & COMMUNITY PROGRAMS

[arapahoe.edu/rise](http://arapahoe.edu/rise)

