

“My name is Janice Podzimek and I’m here to provide navigation of systems to help find resources for those seeking recovery from violence and trauma.”

As a result of the current pandemic and economic instability, many individuals are unimaginably vulnerable to violence, from psychological trauma to head injury. I will be working with shelters and the community at-large to assist those recovering from violence.

While we don't yet have a full picture of intimate partner violence during this pandemic, we know enough about this insidious pattern of abuse and control that some find themselves in. As professionals, we're going to have to be more aware and more informed than ever.

Now, as Interpersonal Violence Liaison and member of the Statewide Opioid Response team with the Brain Injury Alliance of Arizona, I want you to know that we have the resources to enhance recovery. This includes a vast network of like-minded organizations and professionals who share our mutual goals.

Having been trained in trauma and resiliency, I know the importance of connecting and collaborating with people in a trauma informed manner. People are more resilient than they think and may need to be reminded how to be healthy again.

This convergence of experiences has led me to a deeper understanding of the relationship between brain injury, and the importance of ongoing training, considerable resources and dependable referrals.



#### FREE SERVICES OFFERED BY BIAAZ:

- Employment Training & Volunteer Opportunities at Re:Start! ReSale Shop
- Interpersonal Violence Navigator for Those Recovering from Violent Encounters
- Peer Support for Veterans & Military Family
- Referrals for Pain Management
- Statewide Outreach and Training for Addiction Centers
- Statewide Survivor Support Groups
- Training on Addiction & Cognitive Impairment for Professionals, Family Members, and Survivors with CEUs Available
- Transportation Passes in Tucson and Phoenix
- Virtual Support Group for Loved Ones of Those Who Misuse Substances

I want all the community members you serve to know there's hope by embracing awareness, which leads to empowerment. *Reach out to me at [Janice@biaaz.org](mailto:Janice@biaaz.org) or 602-781-9380 to see how we may support each other to help those recover from brain injury due to violence or substance use.*

Thank you for everything you do...

Janice Podzimek



**Brain Injury  
Alliance**  
ARIZONA