

BLINK of an Eye™ supports and nurtures families impacted by **acute Spinal Cord Injury (SCI)**. Our mission is to create an Extraordinary Experience despite the devastation for SCI Families in the first 30 days of crisis and all the transitions of the Miracle Year. There are three distinct Pillars of Service that BLINK of an Eye™ non-profit uses to serve its families.

The first pillar starts with the initial call and BLINK of an Eye™ non-profit springs into action. Our teams provide support in the first hours and days of SCI crisis, and beyond into the first thirty days of transition and into the Miracle Year.



1. HEAL Team and Family SCI Navigation & Support Team:

The process begins with the HEAL Team. These experienced trauma-informed SCI Navigators, who have been there themselves with lived experience and who are trained in offering relational support, are there for the families and medical teams on the front end of the SCI experience in the first hours, weeks, and months of crisis. The trauma-healing trained **HEAL** Team travels to be bedside with families from the earliest hours of injury, bringing **Hope**, **Empathy**, **Advocacy**, and **Logistical** and medical tips with care, compassion and expertise.

The HEAL Team then hands off to an SCI Navigator on the Family Navigation & Support Team. This SCI Navigator provides personalized relational support 24/7, empowering families with technical, practical, and medical information during the first 30 days of injury and through many transitions. Families are in shock and often need significant emotional support and logistical management help. They also need support engaging meaningfully with medical staff who are often siloed, not SCI experienced, and not trauma-informed. SCI Navigators walk alongside families helping them stay hopeful, providing mediation and conflict transformation tips, and helping them stay a step ahead to transition their lives successfully.

The Family Navigation & Support Team is supported by a world-class SCI Medical Expert Team and a Wrap-Around Team with expertise ranging from ADA and insurance issues to integrative health and nutrition, to financial and legal best practices, to breathwork and spiritual self-care.

Families need expert SCI and relational information and tips. That's where our SCI Medical Team comes in.

2. SCI Medical Expert Team:

The SCI Medical Expert Team includes some of the nation's top SCI neck surgeons, musculoskeletal radiologists, neurologists, physiatrists, physical rehabilitation doctors, wound care specialists, neuro urologists, trauma nurses, respiratory therapists, physical therapists, occupational therapists, speech therapists and other medical professionals with expertise in SCI.

BLINK of an Eye™ knows that SCI families need medical support and resources. For those families that call upon BLINK of an Eye™ directly, these needs are met at bedside via the HEAL Team and throughout the miracle year with the SCI Navigation and Support Team. BLINK of an Eye™ seeks to serve all SCI families and thus is creating a digital resource library that is practical and trauma-informed to serve the approximately 18,000 spinal cord injured families annually in the US.

3. The Essential SCI Survival Guide - The SCI Playbook Digital Resource™:

BLINK of an Eye™ is creating a cutting-edge, first-of-its-kind in the world digital resource for SCI families, friends, and medical staff. With a focus on the trauma experience and essential, practical information, this resource will serve families, friends, and medical staff in the first days, weeks, months, and first year of injury. The SCI Playbook Digital Resource™ will include relational interaction tips and practical medical information -- what you need to know, what to do and what not to do, what to say and what not to say -- as well as practical medical definitions and expectations for the hospital stay and what to expect with each transition from the ICU to an integrated life in the first year, including trauma awareness and integration choices.

The SCI Playbook Digital Resource™ will be tailored for the questions and concerns posed by three distinct audiences -- families, friends, and medical staff. Families will want to know what to expect medically with recovery and with a changed life, how to best advocate for their loved one, how to navigate effectively with insurance providers, medical teams, social media, and friends, and what they need to anticipate for their homes, durable medical equipment and lives. Friends will want to know how best to provide support to their friends in crisis and how to gather support for them. Medical staff will want information about how to respond to families in shock and how to deliver SCI medical information in trauma informed ways to be of real help to families in crisis.

The SCI Playbook Digital Resource™ is intended to be easily navigable, not overwhelming, available 24/7 around the globe, and focused on filling the gap with essential medical and practical information in the critical hours, days, weeks, months, and first year of the SCI crisis. The SCI Playbook will be the hub for essential information that families and medical staff need in the ICU to survive and thrive and as they transition through the ICU experience to rehab, through recovery and into the renormalizing process. BLINK of an Eye™ partners, including model SCI and TBI facilities and staff, rehabilitation centers, and medical research and SCI non-profits, are able to sponsor and contribute practical and cutting edge medical, wellness, and scientific resources.

Learn more at BLINKofaneyeye.org.