

HEALING & RECOVERY: TRAUMATIC BRAIN INJURY

Ray Widstrand

Speakers Bureau Volunteer on behalf of the Minnesota Brain Injury Alliance

KSTP .COM

The image features a large, illuminated 'FOX' logo in white, with a blue arrow pointing upwards through the letter 'O'. Below it is a white rectangular box containing the '@9' symbol in black. The background is a nighttime cityscape with lights and a bridge with orange arches. The scene is lit with blue and orange light trails.

FOX

@9

FOX 9

9:01 71°

KMSP · Minneapolis-St. Paul

AFTERMATH

- ▶ BROUGHT TO THE HOSPITAL AS A JOHN DOE/ DECLARED D.O.A. FOR 5 HOURS
- ▶ EMERGENCY SURGERY PERFORMED- DECOMPRESSIVE CRANIECTOMY
- ▶ FAMILY NOTIFIED
- ▶ PLACED INTO A MEDICALLY INDUCED COMA FOR 2 WEEKS
- ▶ AFTER REGAINING CONSCIOUSNESS, UNABLE TO SPEAK, SWALLOW, OR MOVE



3D CT Scan of my skull





6:15 55°

FORGIVENESS AND RECOVERY

Ray Widstrand, St. Paul beating victim, forgives his attackers

 Matt Sepic · ST. PAUL, Minn. · Oct 9, 2013

Issues



LISTEN Story audio

4min 13sec

Ray Widstrand was walking home near his apartment Aug. 4 in St. Paul's East Side neighborhood [when he was attacked](#) during a street brawl that involved 30-40 young people.

Five people -- including four juveniles -- have been charged in the assault.

Two months after the attack, Widstrand is undergoing therapy at the Courage Center in Golden Valley -- and says he feels sorry for his attackers.

On his memories after the attack:



Ray Widstrand MPR Photo



'I wish them the best': Inspirational moment man, 27, who was beaten almost to death by five teens forgives his attackers as he slowly recovers from brain injuries

- Ray Widstrand, of Minneapolis, suffered serious brain injuries in August
- He faces months, possibly years, of intensive therapy to recover from his injuries
- Five teens have been charged in the attack and one - Isaac Maiden - will stand trial on Monday
- Widstrand was kicked, stomped on, stripped and robbed as he walked past a large group of youths involved in a street fight
- Despite the unprovoked pummeling, he said he wished the teens the best

TANIKQWA GIVENS



AN EXAMPLE OF EMPATHY



RECOVERY STRUGGLES

EPILEPSY

DEPRESSION

HEMIANOPIA

PARTIAL HEMIPARESIS

RETURNING TO "NORMAL" LIFE

- ▶ Driving
- ▶ Working
- ▶ Maintaining an independent residence

LIVING WITH AN INVISIBLE
DISABILITY

SPECIAL THANKS!

- ▶ EMTs & Law Enforcement
- ▶ Medical Staff; Doctors, Surgeons, Nurses, Rehabilitation therapists
- ▶ Family, friends, congregation, & the St. Paul community
- ▶ MN Brain Injury Alliance



Medical Staff at Regions Hospital