HEALING & RECOVERY: TRAUMATIC BRAIN INJURY

Ray Widstrand

Speakers Bureau Volunteer on behalf of the Minnesota Brain Injury Alliance

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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





FORGIVENESS AND RECOVERY

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

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



LISTEN Story audio 4min 13sec

Ray Widstrand was walking home near his apartment Aug. 4 in St. Paul's East Side neighborhood <u>when he was attacked</u> during a street brawl that involved 30-40 young people.

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

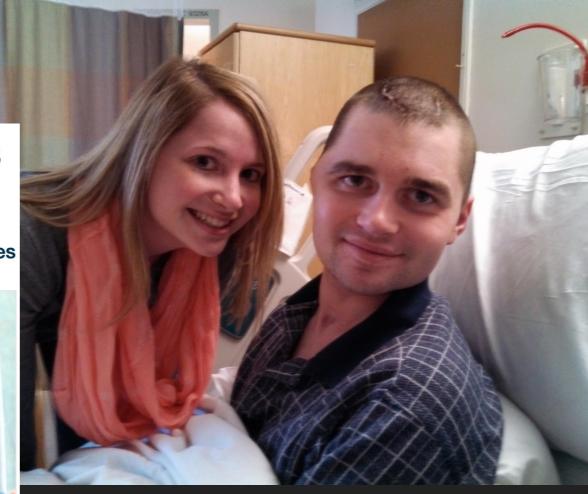
Two months after the attack, Widstrand is undergoing therapy at the Courage Center in Golden Valley -- and says he feels sorry for his attackers.

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 HEMIANOPSIA 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