

Traumatic Brain Injury Education and Resource Manual

Education and Resources for Local Management
Entities (LMEs) and service providers in North Carolina

Project STAR



Carolinas Rehabilitation

Uncompromising Excellence. Commitment to Care.



State of North Carolina
Department of Health and Human Services
Division of Mental Health, Developmental Disabilities and Substance
Abuse Services

www.ncdhhs.gov ° <http://www.ncdhhs.gov/mhddsas/>
NC DHHS is an equal opportunity employer and provider.

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Introduction and General TBI

Brain Injury can happen to anyone at any time. Since each brain injury is different, life experiences can vary greatly from one person to the next. Management and coping strategies are essential to rebuilding a quality life for many people. Resources and supports are available to individuals living with brain injury and their families. The information included in this package is intended to provide education about brain injury and a link between people and more fulfilling lives.

A Guide for Direct Support Professionals for the Screening, Assessment & Referral for Persons with Traumatic Brain Injury

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877-962-7246

www.carolinasrehabilitation.org

An Ounce of Prevention...The Leading Causes of TBI and Prevention Tips *Heads Up*

Carolinas Traumatic Brain Injury Rehabilitation & Research System/NIDRR

877-962-7246

www.carolinasrehabilitation.org

Brain Injury in the Community

Brain Injury Association of America (BIAUSA)

BIAUSA provides links to articles and information about the supports and resources that are available to people with brain injury and their families.

www.biausa.org (Go to the Living with Brain Injury tab; then community link)

Brain Injury Resource Book

Brain Injury Association of North Carolina (BIANC)

800-377-1464

www.bianc.net

Brain Injury Resource Guide for Survivors and their families

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Carolinas Rehabilitation

www.carolinasrehabilitation.org

Facts About Traumatic Brain Injury

Centers for Disease Control and Prevention (CDC)

800-311-3435

www.cdc.gov/traumaticbraininjury/

Concussion/Mild Traumatic Brain Injury

www.cdc.gov/concussion/index.html

North Carolina Traumatic Brain Injury (TBI) Training

This website offers a free online training intended for service providers in North Carolina public services agencies. The course focuses on understanding the range of outcomes of TBI and the implications for assessment and care planning as well as improvement in identifying TBI and delivering the appropriate services for persons with TBI.

www.nctbitraining.org

Introduction and General TBI

Starting Point Newsletter

Brain Injury Association of North Carolina (BIANC)

800-377-1464

www.bianc.net

THE Challenge! Newsletter

Brain Injury Association of America

www.biausa.org (Go to Media Link – Publications)

The Faces and Facts of Brain Injury

From the North Carolina Traumatic Brain Injury Advisory Council

800-377-1464

www.ncdhhs.gov/mhddsas/tbi/factsheets/tbi-ncfacts5-09.pdf

Traumatic Brain Injury (TBI) Model Systems

This website offers informational fact sheets on issues after TBI including; Understanding TBI (four-part series), Cognitive Issues, Emotional Issues, Fatigue, Sleep, Driving, Seizures, Returning to School, Headaches, Acute Inpatient Rehabilitation, Facts about the Vegetative & Minimally Consciousness States after Severe Brain Injury *Spanish versions also available.

<http://msktc.washington.edu> (Click on Consumer Info under TBI)

Brain Injury Support Groups

You can find a listing of support groups on the Brain Injury Association of North Carolina (BIANC) website www.bianc.net For additional information please contact one of the

Brain Injury Association of North Carolina Family and Community Support Offices:

Asheville

1-866-890-7801

Charlotte

1-877-962-7246

Greenville

1-800-697-3115

Raleigh

1-800-377-1464

Triad Volunteer Resource Office – Winston Salem

1-336-882-1911

How to Start A Brain Injury Support Group

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Carolinas Rehabilitation

www.bianc.net (Found under the Support Group Section)

Behavioral and Emotional Issues after Brain Injury

Behavioral Challenges after Traumatic Brain Injury

Brain Injury Association of America (BIAUSA)

800-444-6443

www.biausa.org (Living with Brain Injury – Community Link)

Depression after Traumatic Brain Injury

Brain Injury Association of America (BIAUSA)

800-444-6443

www.biausa.org (Living with Brain Injury – Community Link)

Emotional Issues after Traumatic Brain Injury

TBI Model Systems

<http://msktc.washington.edu> (Under TBI consumer information)

Emotional Problems after Brain Injury

Brainline – Preventing, treating and living with traumatic brain injury

www.brainline.org

Heads Up – Recognizing and Expressing Emotions after TBI

Carolinas Rehabilitation

www.carolinasrehabilitation.org

Heads Up – Irritability & Aggression

Carolinas Rehabilitation

www.carolinasrehabilitation.org

Interventions for Behavioral Problems After Brain Injury

Beatty, Carrie. *Premier Outlook* (2004). Volume 4, Issue 2

New York Traumatic Brain Injury Model System

www.premier-outlook.com/

Preventing Loneliness & Building Relationships

Brain Injury Association of America (BIAUSA)

800-444-6443

www.biausa.org (Living with Brain Injury – Community Link)

Cognition and Communication after Brain Injury

Cognitive Issues after Traumatic Brain Injury

TBI Model Systems

<http://msktc.washington.edu> (Under TBI consumer information)

Cognition and Memory

Brain Injury Association of America (BIAUSA)

800-444-6443

www.biausa.org (Living with Brain Injury – Community Link)

Cognition, Memory, Attention & Neuropsychological Evaluation Articles

Brainline

www.brainline.org

Communication: Strategies for Success After Mild Traumatic Brain Injury

Project STAR (2008)

877-962-7246

www.carolinasrehabilitation.org

Crossing the Communication Bridge: Speech, Language & Brain Injury

Brain Injury Association of America (BIAUSA)

800-444-6443

www.biausa.org (Living with Brain Injury – Community Link)

Physical Changes After Brain Injury

Fatigue after Traumatic Brain Injury

TBI Model Systems

<http://msktc.washington.edu> (Under TBI consumer information)

Headache after Traumatic Brain Injury

TBI Model Systems

<http://msktc.washington.edu> (Under TBI consumer information)

Post-Traumatic Fatigue

Heads Up

Carolinas Traumatic Brain Injury Rehabilitation & Research System/NIDRR

877-962-7246

<http://www.carolinasrehabilitation.org>

Seizures after Traumatic Brain Injury

TBI Model Systems

<http://msktc.washington.edu> (Under TBI consumer information)

This is Your Wake Up Call...Sleep Problems After Traumatic Brain Injury

Heads Up

Carolinas Traumatic Brain Injury Rehabilitation & Research System/NIDRR

877-962-7246

<http://www.carolinasrehabilitation.org>

Vision, Hearing and other Physical Changes after Traumatic Brain Injury

Brainline offers information on issues following a traumatic brain injury.

www.brainline.org

Substance Abuse after Brain Injury

Brain Injury and Substance Abuse: The Cross-Training Advantage

Video and supporting manual about cross-training advantages in the fields of brain injury and substance abuse.

Pdf available for download free. Both the video and manual can be copied free of charge.

Toronto ABI Network

www.abinetwork.ca/bisamanual.htm

Substance Abuse Issues after Traumatic Brain Injury

Brain Injury Association of America (BIAUSA)

Booklets available for download.

800-444-6443

www.biausa.org (Living with Brain Injury – Community Link)

Traumatic Brain Injury and Substance Abuse

North Carolina Traumatic Brain Injury (TBI) Training (Module 6)

www.nctbitraining.org

Traumatic Brain Injury – Screening and Assessment

North Carolina Traumatic Brain Injury (TBI) Training (Module 3)

www.nctbitraining.org

Traumatic Brain Injury (TBI) and Substance Use Disorder (SUD)

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Caregiver Support

Care Notes Newsletter

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1100 Blythe Blvd.

Charlotte, NC 28203

www.bianc.net

Challenges, Changes & Choices: A Brain Injury Guide for Families

Brain Injury Association of America (BIAUSA)

Booklets available for download.

800-444-6443

www.biausa.org (Living with Brain Injury – Family & Caregiver Link)

Coping with Brain Injury: An Approach for Spouses

Greer, J.A. & Philbrick, P. (Fall 2001). *Premier Outlook*, Volume 2, Issue 2.

www.premier-outlook.com/

Fact Sheet: Traumatic Brain Injury

Information about brain injury, recovery, changes, care giving, resources and readings.

Family Caregiver Alliance

800-445-8106

www.caregiver.org

Planning for the Future

Heads Up

Carolinas Traumatic Brain Injury Rehabilitation & Research System/NIDRR

877-962-7246

<http://www.carolinasrehabilitation.org>

Additional Resources on the Internet:

www.caregiver.com

www.thefamilycaregiver.org

www.caregiverslibrary.org

www.caregiving.org

Military and Veterans

Fact Sheet

Defense and Veterans Brain Injury Center

Information about the Defense and Veterans Brain Injury Center (DVBIC) and brain injury. Includes information about services provided by DVBIC.

800-870-9244

www.dvbic.org

Providing Care for Soldiers and Veterans with Traumatic Brain Injury

Defense and Veterans Brain Injury Center

Brochure about the Defense and Veterans Brain Injury Center (DVBIC) and brain injury. Includes information about services provided by DVBIC.

800-870-9244

www.dvbic.org

Three Question DVBIC TBI Screening Tool and Instruction Sheet

Defense and Veterans Brain Injury Center

A screen used by the Defense and Veterans Brain Injury Center (DVBIC) to identify service members who may need further evaluation for mild traumatic brain injury (MTBI).

800-870-9244

www.dvbic.org

The Governor's Focus on Service Member, Veterans & Their Families

<http://www.veteransfocus.org/>

United States Special Operations Command (USSOCOM)

<http://www.socom.mil/carecoalition/casualty-support/traumatic-brain-injury/pages/default.aspx>

Cultural Diversity

Cultural Diversity in Healthcare

SkillPack DHHS/MH/DD/SAS and Project ACCESS.

This article may be reproduced for instructional use.

www.bianc.net (Found in the Resources section)

Resources

Lash & Associates Publishing/Training, Inc - Brain Injury Books and Resource Center on Traumatic Brain Injury, Mild TBI, Concussion, Blast Injury and PTSD

This website provides information on brain injury recovery, social networks, as well as a blog for brain injury. The website also has a link for free downloads with brain injury information.

919-562-0015

www.lapublishing.com

Tip Cards/Books available for order at Lash & Associates (many more available on website)

Adults Living with Brain Injury

Rocchio, C., Fleming, P., & Mountz, E. (2004)

Checklists identify the effects of a brain injury on physical skills, vision, hearing, thinking, learning and self-awareness. Includes strategies for protecting others from out-of-control behaviors.

Aging with A Brain Injury

Hibbard, M. (2006)

Tip card provides updated information about growing older, corrects common misunderstandings and provides suggestions for planning for the future.

Depression After brain injury

Pamela Law, Ph.D. (2007)

Helps persons with brain injury, and their families recognize symptoms of depression, know when and how to ask for help, and locate helpful resources.

Memory After A Brain Injury

McKay Moore Sohlberg, Ph.D. (2007)

Strategies to manage memory problems, information about different types of memory.

OOPS! Social Skills after Brain Injury

Jacobs, H. (2005)

Tip card explains importance of social skills, identifies receiving and sending skills and addresses challenges for social skills.

Undiagnosed Brain Injuries in Youths and Adults

Mozzoni, M. & Lash, M. (2002)

Describes undiagnosed brain injuries with checklists and signs, symptoms and changes.

Life is a Journey Hammond, F., & Guerrier, T. (2006)

Practical, user-friendly manual helps families and others understand the consequences of brain injury.

Survival Kit A planner and organizer for survivors and their families. Binder utilizes sections and strategies to assist with various stages of recovery. Eight sections include schedules, treatments tasks/goals, journals, checklists, reminders, etc.

Lash & Associates Publishing/Training Inc.

Resources

In an Instant: A Family's Journey of Love and Healing Woodruff, Lee and Bob (2007)

Random House, Inc., New York

ABC News anchor Bob Woodruff and his wife, Lee Woodruff, tell a story of survival and offer an important, wise and inspiring guide to coping with tragedy.

www.randomhouse.com

Brain Injury books available for order through HDI Publishers

800-321-7037

www.braininjurybooks.com

Brain Injury Rehabilitation: Managing Anger and Aggression HDI Professional Series, Volume 6

Wesolowski, M. (1996) HDI Publishers

Brain Injury Rehabilitation: Managing Attention Deficits HDI Professional Series, Volume 7

Guare, R. (1996) HDI Publishers

Brain Injury Rehabilitation: Developing Social Skills HDI Professional Series, Volume 9

Burke, W.H. (1997) HDI Publishers

Brain Injury Rehabilitation: Sexuality After TBI HDI Professional Series, Volume 10

Blackerby, W.F. (1994) HDI Publishers

Brain Injury Rehabilitation: Developing Motivation HDI Professional Series, Volume 11

Wesolowski, M. (1996) HDI Publishers

Brain Injury Rehabilitation: Developing Self Control HDI Professional Series, Volume 14

Wesolowski, M. (1997) HDI Publishers

Brain Injury Rehabilitation: The Role of the Family in TBI Rehab HDI Professional Series, Volume 19

Guth, M.(1996) HDI Publishers

Brain Injury Rehabilitation: Management of Communication and Language Deficits HDI Professional Series, Volume 20

Ylvisaker, M. (1997) HDI Publishers

Additional Resources on the Internet:

- **Social Security Administration**
www.ssa.gov
- **North Carolina Council of Community Programs**
www.nc-council.org/
- **North Carolina Guardianship Association**
nc-guardian.org
- **North Carolina Department of Social Services**
www.ncdhhs.gov/dss
- **North Carolina Division of Vocational Rehabilitation**
<http://dvr.dhhs.state.nc.us/>
- **North Carolina Vocational Rehabilitation Independent Living (VRIL)**
<http://www.ncdhhs.gov/dvrs/pwd/ils.htm>