Traumatic Brain Injury
Education and Resource Manual

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

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

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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.

Project STAR
877-962-7246
www.carolinasrehabilitation.org

An Ounce of Prevention…The Leading Causes of TBI and Prevention Tips
Heads Up
Carolinias 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
Project STAR
Carolinias 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.netbitraining.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](http://www.bianc.net) For additional information please contact one of the

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

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<th>Asheville</th>
<th>Charlotte</th>
<th>Greenville</th>
<th>Raleigh</th>
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<tr>
<td>1-866-890-7801</td>
<td>1-877-962-7246</td>
<td>1-800-697-3115</td>
<td>1-800-377-1464</td>
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**Triad Volunteer Resource Office – Winston Salem**

1-336-882-1911

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**How to Start A Brain Injury Support Group**

Project STAR

Carolinas Rehabilitation

[www.bianc.net](http://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](http://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](http://www.biausa.org) (Living with Brain Injury – Community Link)

**Emotional Issues after Traumatic Brain Injury**  
TBI Model Systems  
[http://mskte.washington.edu](http://mskte.washington.edu) (Under TBI consumer information)

**Emotional Problems after Brain Injury**  
Brainline – Preventing, treating and living with traumatic brain injury  
[www.brainline.org](http://www.brainline.org)

**Heads Up – Recognizing and Expressing Emotions after TBI**  
Carolinas Rehabilitation  
[www.carolinasrehabilitation.org](http://www.carolinasrehabilitation.org)

**Heads Up – Irritability & Aggression**  
Carolinas Rehabilitation  
[www.carolinasrehabilitation.org](http://www.carolinasrehabilitation.org)

**Interventions for Behavioral Problems After Brain Injury**  
New York Traumatic Brain Injury Model System  
[www.premier-outlook.com/](http://www.premier-outlook.com/)

**Preventing Loneliness & Building Relationships**  
Brain Injury Association of America (BIAUSA)  
800-444-6443  
[www.biausa.org](http://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](http://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](http://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.netbitraining.org](http://www.netbitraining.org)

**Traumatic Brain Injury – Screening and Assessment**
North Carolina Traumatic Brain Injury (TBI) Training (Module 3)
[www.netbitraining.org](http://www.netbitraining.org)

**Traumatic Brain Injury (TBI) and Substance Use Disorder (SUD)**
Project STAR
Carolinas Rehabilitation
Care Notes Newsletter
Project STAR
Carolinias Rehabilitation
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
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
Carolinias 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)
Cultural Diversity in Healthcare
SkillPack DHHS/MH/DD/SAS and Project ACCESS.
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www.bianc.net (Found in the Resources section)
Resources

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

Life is a Journey
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

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

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

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

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

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

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

Brain Injury Rehabilitation: Management of Communication and Language Deficits
HDI Professional Series, Volume 20
Additional Resources on the Internet:

- **Social Security Administration**
  [www.ssa.gov](http://www.ssa.gov)

- **North Carolina Council of Community Programs**
  [www.nc-council.org/](http://www.nc-council.org/)

- **North Carolina Guardianship Association**
  [nc-guardian.org](http://nc-guardian.org)

- **North Carolina Department of Social Services**
  [www.ncdhhs.gov/dss](http://www.ncdhhs.gov/dss)

- **North Carolina Division of Vocational Rehabilitation**
  [http://dvr.dhhs.state.nc.us/](http://dvr.dhhs.state.nc.us/)

- **North Carolina Vocational Rehabilitation Independent Living (VRIL)**