

# Brain Injury

At-Risk Populations, Outcomes and Strategies

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# Disclaimer

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# Disclosure

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# Learning Objectives

- **Identify** the difference between non-traumatic and traumatic brain injuries.
- **Recognize** at-risk populations for brain injury and behavioral health conditions.
- **Review** potential outcomes of brain injury and strategies for working with individuals

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# Introduction to Brain Injury

What do you know about brain injury?

# Acquired Brain Injury (ABI)

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## Non-Traumatic

1. **Infectious** – meningitis, encephalitis, HIV,
2. **Neoplastic** – tumors, metastatic cancer
3. **Vascular** – stroke, brain aneurysm
4. **Neurotoxic** – lead poisoning, substance use
5. **Metabolic Disorders** – anoxia

## Traumatic Brain Injury (TBI)

1. **Falls**
2. **Motor Vehicle Accidents**
3. **Sports/Recreational Activities**
4. **Industrial/Work Related Injuries**
5. **Military Combat**
6. **Violent Criminal Behavior**
7. **Homicide and Suicide Attempts**
8. **Domestic Violence/ Intimate Partner Violence**
9. **Child Abuse**



# General Risk Factors of TBI

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- Balance and mobility issues
- Engaging in high-risk activities
- Psychiatric/behavioral disorders
- Unhealthy substance use/substance misuse
- Risk of multiple brain injuries

# Brain Injury or Behavioral Health Symptom?

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## Physical

Sleep disturbance, fatigue, headaches

## Social/Emotional

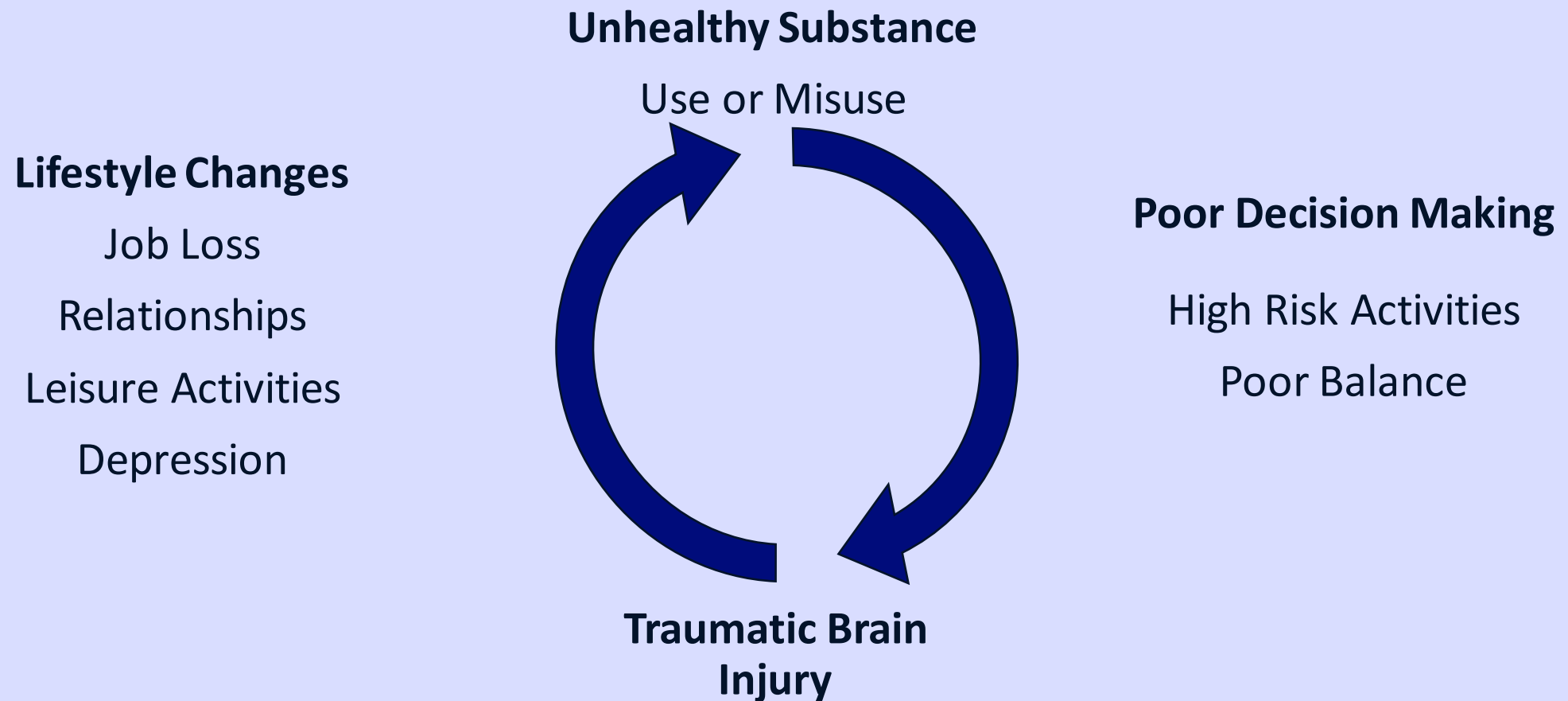
Sadness, irritability, anxiety

## Cognitive

Attention/memory, executive functioning

# Brain Injury and Behavioral Health Cycle

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# High Risk Groups

# TBI High Risk Groups

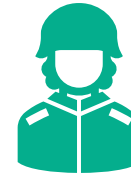
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Racial and ethnic minorities



Older Adults



Military service members/  
veterans



# TBI High Risk Groups

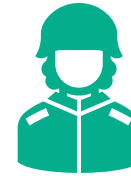
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Racial and ethnic minorities



Older Adults



Military service members/  
veterans



Domestic/ Intimate Partner  
Violence Survivors

## Benefits of Documentation for DV/IPV Survivors

- May be the only acute documentation of injuries or potential injuries
- Support legal action- protective orders, criminal cases, child custody
- May support eligibility for a range of services



# TBI High Risk Groups

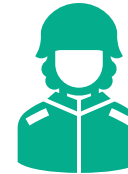
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Racial and ethnic minorities



Older Adults



Military service members/  
veterans



Domestic/ Intimate Partner  
Violence Survivors



Unhoused People



Criminal Justice involved  
people



# Knowledge Check #1

1. What are the 2 major categories of Acquired Brain Injury?
2. Name 3 populations that are at a higher risk for a history of a brain injury.

# Brain Injury Outcomes and Strategies

# Potential Outcomes of Brain Injury

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- Neurocognitive deficits
- Physical disability
- Sensory impairment
- Neurobehavioral/Psychiatric disorder

# Potential Cognitive Impacts

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- Attention and Concentration
- Processing Speed
- Memory
- Executive Functions
- Communication and Language
- Emotional or Behavioral Changes

# Example Accommodations

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- Reminders to focus
- Reducing distractions
- Clear and Concise
- Cueing
- Summarizing Information
- Providing additional time
- “Chunking Information”
- Writing information down
- Schedules and Routines
- Safeguards for Risk
- Clear Boundaries
- De-Escalation techniques





# Knowledge Check #2

1. Name 3 cognitive areas that could be impacted by a brain injury?
2. Name 3 strategies you can use to support someone with a brain injury.

# Supporting Resources

# MassAbility Accommodations Booklet

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**Designed** to assist providers working with individuals that may be experiencing cognitive deficits resulting from brain injury

**Organized** by cognitive deficit, followed by how the deficit may appear when interacting with an individual, and compensatory strategies/accommodations

Booklet Link: [Accommodations and Compensatory Strategies](#)

Massachusetts Rehabilitation Commission

## ACCOMMODATIONS AND COMPENSATORY STRATEGIES

For Cognitive Deficits Resulting from a Brain Injury

Massachusetts Rehabilitation Commission

# Brain Injury Association of MA

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Creating a better future for those affected by brain injury.

A nonprofit 501 c3 organization incorporated in 1982 and is an affiliate of the Brain Injury Association of America.

## Purpose:

To Promote the general welfare, rights and dignity of persons with brain injury

- To Promote and foster the empowerment of persons with brain injury
- To Provide information and resources for persons with brain injury, their families, friends, and professionals
- [Brain Injury Association of Massachusetts](#)
- **Help Line: [\(800\) 242-0030](tel:8002420030)**

## What We offer

Support Groups  
Neuro-Resource Facilitation  
Recreation Events  
Information & Resources  
Coping & Counseling  
Family & Survivor Education  
Clinical Continuing Education  
Professional Education  
Community Programming  
Public Policy

# MassAbility Brain Injury Services

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## Statewide Head Injury Program (SHIP)

- Community Case Management
- Functional Skills Training
- Independent Aide/Companion
- Social/Recreation Programs
- Residential services
- Shared Living services
- Assistive Technology
- Respite services
- Family Assistance Program
- Technical Assistance regarding TBI
- Individualized services (i.e. long-term vocational)

[MRC Connect](#) | [Mass.gov](#)

## Brain Injury Community Centers

Worcester, Westfield, Tewksbury,  
Somerville and New Bedford

## Moving Forward Programs

Waivers are designed to transition and support individuals with ABI from skilled nursing facilities and other long-stay hospital settings, into community placements. There are residential and community options.

# Additional Resources

# Learning Opportunities

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- Brain Injury and Behavioral Health Communities of Practice
- [Brain Injury Web course](#)
- [Domestic Violence and Brain Injury](#)
- [Brain Injury and Substance Use Disorder](#) Recordings (5 Modules)
- Visit the [ACL Grant Page](#) on Mass.gov for all the information

# Additional Opportunities

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- [Trauma Informed Approach to Brain Injury Screening](#)
- [Brain Injury Association of Massachusetts: For Professionals](#)
- [The Intersection of Deflection, Traumatic Brain Injuries, and Substance Use Disorders Podcast Series](#)
- [NASHIA Resource Library](#)
  - [Traumatic Brain Injury and Substance Use Disorders: Making the Connections Toolkit](#)
  - [Ohio Research in TBI and Concussion in Law Enforcement](#)
  - [Mind Matters: Building a Justice System That Is Inclusive and Responsive to Brain Injury —](#)



# Knowledge Check #3

- How many people think they know someone with a history of a brain injury?
- Name 1 thing today that was surprising to you.

# Thank You!

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# Thank you!

**MassAbility**

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