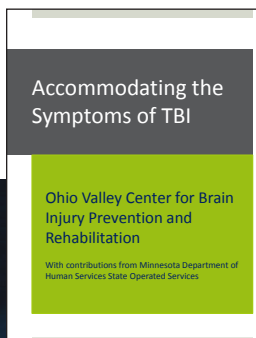


Screening for a lifetime history of brain injury is best practice when responding to, and/or planning clinical and community based responses for clients served in health, community, and corrections services. Access here: <https://idph.iowa.gov/brain-injuries/TBI-Implementation-Grant>

Resource Booklet developed with support from the US Department of Health and Human Services by the Ohio Valley Center for Brain Injury Prevention and Rehabilitation helps providers:

1. Recognize common symptoms of Traumatic Brain Injury (TBI),
2. Incorporate compensatory strategies into practice, and
3. Increase the odds of treatment success for people with TBI.

The four neurocognitive functions of Attention, Processing, Memory, and Executive Function are illustrated and explored clearly and practically, helping providers identify how these four functions may interact with treatment and provide practical accommodation practices for providers to improve treatment outcomes. Access here: <https://wexnermedical.osu.edu/-/media/files/wexnermedical/patient-care/healthcare-services/neurological-institute/departments-and-centers/research-centers/ohio-valley-for-professionals/accommodating-symptoms/accommodating-tbi-booklet-1-14.pdf?la=en&hash=175F7559BA27362695DDBC8121A89C85F794F4D0>



Contacts

For more information, training and technical assistance please contact any of the following agencies:

- **IDPH Brain Injury Service Program**
brain.injury@idph.iowa.gov
- **Brain injury Alliance of Iowa** Info@biaia.org
- **Iowa Association of Community Providers**
techassistance@iowaproviders.org

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March 2021

Intersection of Brain Injury and Substance Use Disorder TOOL KIT

This brochure gives you some tools and resource guides to assist you with information on brain injuries and substance use disorders.



Informational & Person Centered Planning Resources

Brain Injury Tip Sheets are designed to identify functional challenges and identify possible accommodations following brain injury for professionals and clients/ caregivers. Access here: <https://biaia.org/accommodations-tip-sheets/>

FATIGUE

Fatigue of the brain is a common symptom of brain injury. It can be caused by a variety of factors, including the injury itself, the medications used to treat the injury, and the stress of the injury. Fatigue can be a major barrier to recovery and can be managed with a variety of strategies.

LOOK FOR:

- Slurred/slowed speech, difficulty with voice, short answers.
- Poor concentration, balance, coordination.
- Shortness of breath.
- Slower movement/muscle cramps.
- Irritability, anxiety, crying episodes.
- Increased forgetfulness.
- Lack of motivation and interest in activities.
- Appetite/withdrawal.

ATTENTION

Attention is the ability to focus on one thing at a time. It is a key skill for learning and problem-solving. Brain injury can affect attention in a variety of ways, including difficulty sustaining attention, difficulty shifting attention, and difficulty dividing attention.

LOOK FOR:

- Sustained: difficulty sustaining attention for a short period of time.
- Selective: difficulty focusing on one thing despite interruptions.
- Alternating: difficulty shifting attention from one thing to another.
- Divided: difficulty focusing on multiple things at the same time.

LOOK FOR:

- Sustained: difficulty sustaining attention for a short period of time.
- Selective: difficulty focusing on one thing despite interruptions.
- Alternating: difficulty shifting attention from one thing to another.
- Divided: difficulty focusing on multiple things at the same time.

Substance Use Disorder Rack Cards are designed to provide professionals and clients with brief information related to the intersection of brain injury and substance use disorder while providing a pathway for identifying brain injury and accessing information and resources to help. Access here: <https://biai.memberclicks.net/assets/MultiOccurring/SUD%20Half%20Pager%20%285%29%20copy.pdf>

Substance Use Disorders & Brain Injury

Enhancing the path to better outcomes

KEY SCREENING QUESTIONS

- Do you have a history of substance use?
- Do you have a history of mental health issues?
- Do you have a history of trauma?
- Do you have a history of self-harm?
- Do you have a history of suicidal thoughts?

EDUCATION ABOUT SUBSTANCE USE

- Understanding brain injury and the connection to substance use.
- Understanding the risks of substance use.
- Understanding the benefits of treatment.
- Understanding the importance of a support system.

ADDITIONAL LINKS AND RESOURCES

- Brain Injury Alliance
- Substance Abuse and Mental Health Services Administration
- National Institute on Drug Abuse

The link between PTSD and TBI
https://www.ptsd.va.gov/publications/monthly_update.asp

PTSD and TBI Comorbidity

PTSD and TBI often co-occur, and understanding their relationship is crucial for effective treatment. This document provides a comprehensive overview of the symptoms, diagnosis, and treatment options for both conditions.

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Person Centered Thinking and Planning is a Power-Point that will assist the user to integrate person-centered thinking and planning into the delivery of brain injury services. Access here: <https://bha.health.maryland.gov/Documents/Considering%20the%20Intersection%20of%20Trauma%20Brain%20Injury%20Through%20a%20Person%20Centered%20Lens%202021.pdf>

Considering the Intersection of Trauma & Brain Injury through a Person Centered Lens

Martin Kerrigan & Anastasia Edmonston

December 17, 2020

The Substance Abuse Treatment Advisory is a publication of the Center for Substance Abuse Treatment. The Advisory describes traumatic brain injury and provides substance use treatment and service providers facts about the link between substance use disorder and traumatic brain injury. The Advisory presents information about traumatic brain injury screening and management tools and it provides counselors with strategies to help identify individuals affected by traumatic brain injury. Access here: <https://store.samhsa.gov/product/Treating-Clients-With-Traumatic-Brain-Injury/SMA10-4591>

Substance Abuse Treatment ADVISORY

Treating Clients With Traumatic Brain Injury

What is TBI?

TBI is a complex of brain trauma that can result in a wide range of physical, cognitive, and emotional problems. It is often caused by a blow to the head, but can also be caused by a penetrating object or a sudden change in pressure within the skull.

What is PTSD?

PTSD is a mental health condition that can develop after a person experiences or witnesses a traumatic event. It is characterized by symptoms such as flashbacks, nightmares, and avoidance of reminders of the event.

Brainline Substance Abuse and Traumatic Brain Injury this publication discusses approaches and considerations to working with people in substance abuse treatment who also have a brain injury. The publication provides specific suggestions for SUD providers working with persons who may be experiencing cognitive dysfunction. Access here: <https://www.brainline.org/article/substance-abuse-and-traumatic-brain-injury>

brainline

Substance Abuse and Traumatic Brain Injury

Ohio Valley Center for Brain Injury Prevention and Rehabilitation

Related Content:

- Managing Stress Effectively After TBI
- TBI Consumer Report: Coping with Substance Abuse After TBI
- Depression and Anxiety After TBI

SUBI Client Workbook was developed by the Substance Use/Brain Injury Bridging Project. The workbook is a resource for clients who have sustained a brain injury and who are in substance use disorder treatment programs. The workbook helps clients to understand the impact of their brain injury on the recovery process. Access here: <https://www.brainline.org/sites/default/files/SUBIClientWorkbook.pdf>

SUBI Client Workbook

Substance Use/Brain Injury Bridging Project

How we talk with and about people matters. That includes those among us who are living with a brain injury and/or are using or at risk of using substances in a harmful way. Engaging in a positive, respectful way paves the way to relationships that can lead to health and healing.

Language Counts is a one page guide that promotes communicating in a strength based person centered manner. Access here: <https://bha.health.maryland.gov/Documents/Person%20Centered%20Language%20for%20Brain%20Injury%20Community%202020.pdf>

Language Counts!

How we talk with and about people matters. That includes those among us who are living with a brain injury and/or are using or at risk of using substances in a harmful way. Engaging in a positive, respectful way paves the way to relationships that can lead to health and healing.

Take a minute to review the deficit-based language on the left to strength-based language:

Deficit-based, "impersonal" centered language	Strengths-based, person centered language
Person	Person
Brain Damaged/Brain Injured	Front-line staff/In the trenches
Drug Addict	Substance use/Community
Substance Abuse/Dependent	Substance use/Community
Alcoholism	Substance use/Community
Substance use/Dependence	Substance use/Community
Alcoholism	Substance use/Community
Substance use/Dependence	Substance use/Community
Alcoholism	Substance use/Community
Substance use/Dependence	Substance use/Community
Alcoholism	Substance use/Community