

Traumatic Brain Injury Education and Resource Manual

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



Carolinan Rehabilitation

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*Indicates printed copies included in packet

+Indicates article included in attached folder, *TBI Information*

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*+

Project STAR
877-962-7246

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.

Lash & Associates Publishing/Training Inc.

www.lapublishing.com

919-562-0015

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.

Lash & Associates Publishing/Training Inc.

www.lapublishing.com

919-562-0015

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

Facts About Traumatic Brain Injury*

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/ncipc/tbi/FactSheets/Facts_About_TBI.pdf

800-311-3435

Introduction and General TBI

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

Fact Sheet: Traumatic Brain Injury

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

Family Caregiver Alliance

www.caregiver.org

800-445-8106

Lash & Associates Publishing/Training, Inc. Catalog

www.lapublishing.com

919-562-0015

Life is a Journey

Hammond, F., & Guerrier, T. (2006).

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

Lash & Associates Publishing/Training Inc.

www.lapublishing.com

919-562-0015

Mild Brain Injury: AKA Concussion*+

Project STAR (2008)

877-962-7246

Starting Point Newsletter*

Brain Injury Association of North Carolina (BIANC)

800-377-1464

www.bianc.net

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/tbifacts07-08.pdf

Simplified Brain-Behavior Relationships*+

Brooke, D. & Meinert, L.

TBI Education and Resources

Introduction and General TBI

The Brain*+
Project STAR
877-962-7246

Undiagnosed Brain Injuries in Youths and Adults*

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

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

Lash & Associates Publishing/Training Inc.

www.lapublishing.com

919-562-0015

Unidentified Traumatic Brain Injury*

TBI Research Review (May 2006). Issue 2.

Mount Sinai Traumatic Brain Injury (TBI) Central

www.mssm.edu/tbicentral/resources/publications/tbi_research

Behavior And Behavioral Strategies After Brain Injury

Behavioral Challenges after Traumatic Brain Injury*

Living with Brain Injury (2007)

Brain Injury Association of America (BIAUSA)

Booklets available for download or may be purchased for \$3 each.

800-444-6443

<http://www.biausa.org/biam.htm>

Brain Injury Rehabilitation: Developing Motivation

HDI Professional Series, Volume 11

Wesolowski, M. (1996). HDI Publishers

800-321-7037

www.braininjurybooks.com

Brain Injury Rehabilitation: Developing Self Control

HDI Professional Series, Volume 14

Wesolowski, M. (1997). HDI Publishers

800-321-7037

www.braininjurybooks.com

Brain Injury Rehabilitation: Developing Social Skills

HDI Professional Series, Volume 9

Burke, W.H. (1997). 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

800-321-7037

www.braininjurybooks.com

Head Injury Rehabilitation: Sexuality After TBI

HDI Professional Series, Volume 10

Blackerby, W.F. (1994). HDI Publishers

800-321-7037

www.braininjurybooks.com

Behavior And Behavioral Strategies After Brain Injury

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/

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.
Lash & Associates Publishing/Training Inc.
www.lapublishing.com
919-562-0015

Post-TBI Depression *

TBI Research Review (2004). No. 1.
New York Traumatic Brain Injury Model System
www.mssm.edu/tbicentral

Post-Traumatic Irritability*

Heads Up
Carolinas Traumatic Brain Injury Rehabilitation & Research System/NIDRR
877-962-7246
<http://www.carolinasrehabilitation.org>

What I Really Want is a Girlfriend: Meaningful Social Interaction after Traumatic Brain Injury*

Ylvisaker, M. & Feeney, T.
Brain Injury Source. (Summer 2001). Volume 5, Issue 3.
www.lrssl.com/biaa/bookstore.asp#BrainInjurySource

Cognition and Memory After Brain Injury

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

Guare, R. (1996). HDI Publishers
800-321-7037
www.braininjurybooks.com

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

Ylvisaker, M. (1997). HDI Publishers
800-321-7037
www.braininjurybooks.com

Initiation Problems*

Kay, R. J. (1994). *Communication Skill Builders, Inc.*
This article may be reproduced for instructional use.

Communication: Strategies for Success After Mild Traumatic Brain Injury*+

Project STAR (2008)
877-962-7246

Memory After A Brain Injury*

Strategies to manage memory problems, information about different types of memory.
Lash & Associates Publishing/Training Inc.
www.lapublishing.com
919-562-0015

Memory Matters: Strategies for Managing Everyday Memory Problems

West, D., & Niemeier, J. (2005)
National Resource Center for Traumatic Brain Injury (NRC for TBI)
Memory problems are common after brain injury which often leads to frustration as people struggle to perform everyday tasks. Memory Matters describes familiar problem situations and identifies steps to help manage difficulty with memory and new learning.
<http://www.neuro.pmr.vcu.edu/material/2005catalog/memory.htm>

Neuropsychological Evaluation*

National Academy of Neuropsychology, Inc.
patientinformation.org

Practical Suggestions for Problem Solving and Social Communication*

Yohman, R. (Summer 1998). *Brain Injury Source*, Volume 2, Issue 3.
www.lrsssl.com/biaa/bookstore.asp#BrainInjurySource

Cognition and Memory After 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.

www.lapublishing.com

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TBI Education and Resources

Physical Changes After Brain Injury

Post-Traumatic Fatigue*

Heads Up

Carolinas Traumatic Brain Injury Rehabilitation & Research System/NIDRR

877-962-7246

<http://www.carolinasrehabilitation.org>

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

www.carolinasrehabilitation.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

Screening for Alcohol Problems Among Persons with TBI*

Bombardier, C. and Davis, C.

Brain Injury Source. (Fall 2001). Volume 5, Issue 4.

<https://www.lrssl.com/biaa/bookstore.asp#BrainInjurySource>

Substance Abuse and Traumatic Brain Injury

Living with Brain Injury (2004)

SynapShots

www.synapshots.org

Substance Abuse Issues after Traumatic Brain Injury*

Living with Brain Injury (2004)

Brain Injury Association of America (BIAUSA)

Booklets available for download or may be purchased for \$3 each.

703-761-0750

www.biausa.org/aboutbipubs.htm#s

Caregiver Support

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

Guth, M.(1996). HDI Publishers
800-321-7037
www.braininjurybooks.com

Care Notes*

Project STAR

Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203
www.bianc.net

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/

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

TBI Education and Resources

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.

www.dvbic.org

800-870-9244

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.

www.dvbic.org

800-870-9244

3 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).

www.dvbic.org

800-870-9244

Veterans Resources*+

Project STAR

List of resources, information and options available to veterans in North Carolina.

800-634-2256 ext 51502

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

Traumatic Brain Injury in Gay and Lesbian Persons: Practical and Theoretical Considerations*

O'Dell, M. W. & Riggs, R.V.

Brain Injury Source. (Summer 2001). Volume 5, Issue 3

www.lrssl.com/biaa/bookstore.asp#BrainInjurySource

TBI Education and Resources

Resources

Brain Injury Resource Directory

Project STAR

Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203

Brain Injury Resource Guide for Survivors and their families*+

Project STAR

Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203

Community Opportunities for Individuals Who Have Experienced Brain Injury and their Families *

Project STAR

Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203

Developing Opportunities for Individuals with Traumatic Brain Injury Through Community Partnerships*+

Project STAR

Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203

How to Start A Brain Injury Support Group*

Project STAR

Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203

www.bianc.net

Resource Book

Brain Injury Association of North Carolina (BIANC)

800-377-1464

www.bianc.net

Resources

Additional Resources on the Internet:

- **Brain Injury Association of America**
www.biausa.org
- **Family Support Network of North Carolina**
fsnc.med.unc.edu/
- **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**
dvr.dhhs.state.nc.us

TBI Education and Resources

Brain Injury Support Groups**

***Support Group information is subject to change.* Please contact one of the **Brain Injury Association of North Carolina Family and Community Support Offices** for additional information.

<u>Asheville</u>	<u>Charlotte</u>	<u>Greenville</u>	<u>Raleigh</u>
1-866-890-7801	1-877-962-7246	1-800-697-3115	1-800-377-1464

Anson County (Wadesboro area)	704-694-3156
<i>Anson County BI and Cognitive Disability Group</i>	704-695-3233
Nancy Capel/Cynthia Furr	

Asheville	828-277-4868
<i>Smoky Mountain Brain Injury Support Group</i>	
Karen Harrington	

Cary	919-231-3325
<i>Cary Hospital Support Group</i>	919-460-9094
Leslie Johnson/David Baack	

Chapel Hill	919-966-8813
<i>UNC Rehabilitation Brain Injury Support Group</i>	
Karla Thompson	

Charlotte, NC	
<i>Carolinas Rehabilitation Inpatient/Outpatient Family Care</i>	704-355-1502
Peggy Philbrick	

<i>Charlotte Area Brain Injury Association</i>	704-355-1502
Carolinas Rehabilitation	
Sally Rickard	

<i>Couples Night Out Support Network</i>	704-355-1502
Peggy Philbrick	

<i>Spouse Support Group</i>	704-355-1502
Peggy Philbrick	

Cleveland County	704-434-5624
<i>BI Support Network</i>	
Carolyn Costner	

Concord, NC	704-888-4110
<i>Concord Area Brain Injury/Spinal Cord Injury Support Network</i>	
Margaret Love/Gayle Pittman	

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1-866-890-7801	1-877-962-7246	1-800-697-3115	1-800-377-1464

Durham **919-529-1241**
Durham Brain Injury Support Group
Shani Cohen

Fayetteville **910-486-1101**
Fayetteville Brain Injury Support Group
Ellen Sherling-Morales

Fort Bragg **910-907-7898**
Beth Thomson

Gaston/Lincoln County **704-884-2500**
To Be Included
Shirley Moore

Brain Injury and Stroke Support Group **704-671-5738**
Tracy Iradi

Goldsboro **800-697-3115**
The Overcomers
Brain Injury Rehab That Helps

Greensboro **336-832-7450**
Greensboro Brain Injury Support Group **336-319-2214 (pager)**
Lucy Hoyle

Greenville, NC **800-697-3115**
Down East Survivors
Cynthia Asby/Darlene Wetzel

Pediatric Support Group **252-847-6971**
for the Brain Injured Child and their Families
Montigne Hassett

Henderson **252-738-0707**

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TBI Education and Resources

Kerr Lake Brain Injury Support Group
Mike Scott

Brain Injury Support Groups**

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<u>Asheville</u>	<u>Charlotte</u>	<u>Greenville</u>	<u>Raleigh</u>
1-866-890-7801	1-877-962-7246	1-800-697-3115	1-800-377-1464

Hickory **828-304-9096**
Catawba Valley Brain Injury Association
Crystal Podger/Pat Benfield

High Point **336-887-0745**
Brain Injury Alliance of High Point **336-885-7627**
John Peeler/Kitty Barringer

Brain Boosters Support Group **336-889-7922**
Diane Rankin

Jefferson **336-246-4542**
High Country Brain Injury Support Group
Wylene Taylor

Lenoir/Caldwell County **828-758-0463**
Foothills Area Brain Injury Support Group
Please call Pam Gilbert

Lincolnton
Lincolnton Brain Injury Support Group **704-735-5633**
Melody Thompson/Ruby Vincent

Mooresville/Lake Norman **704-224-6069**
Lake Norman Brain Injury Support Network
Sylvia Whitmire

New Bern **252-514-2918**
Coastal Brain Injury Support Group **252-670-6625** cell
Amy Davis

Raleigh **800-377-1464**
Triangle Brain Injury Support Group
Monica McGrath

TBI Education and Resources

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