

## TBI Information and Resources



### Other Fact Sheets:

- [Overview](#)
- [Strategies for Preventing Sport-Related Concussions and Subsequent Injury](#)
- [Legislation on Sport-Related Concussions](#)
- [The Role of Public Health Professionals in Preventing Sports-Related Concussions](#)
- [References and Suggested Readings](#)

### **American Occupational Therapy Association (AOTA)**

The American Occupational Therapy Association provides a Tips for Living sheet entitled Traumatic Brain Injury (TBI) - Effects and Intervention, which describes the ways in which an occupational therapist can work with someone who has sustained a TBI and describes what family members and friends can do to support a person with TBI. To read the fact sheet, go to: <http://www.aota.org/Consumers/consumers/Health-and-Wellness/TBI/35146.aspx>. To visit AOTA's website, go to: <http://www.aota.org/>.

### **American Speech-Language-Hearing Association (ASHA)**

ASHA maintains a webpage on traumatic brain injury, which can be accessed at: <http://www.asha.org/SLP/clinical/TBI>

The webpage provides information on special topics related to TBI, including concussions in children and teens, as well as articles, research, and consumer information.

### **BrainLine.org**

The BrainLine Kids section of BrainLine.org features personal stories of children who have experienced TBI and provides an Ask the Expert section where health care professionals and other experts respond to questions about TBI. There is also a Multimedia section with links to videos on topics such as Child Brain Versus Adult Brain with Traumatic Brain Injury, How Can Physicians Best Help Families with Children with Brain Injury?, and What Impact Can Age Have on a Child's Injury? This information can be found at: [http://www.brainline.org/landing\\_pages/features/blkids.html](http://www.brainline.org/landing_pages/features/blkids.html). To visit the BrainLine.org home page, go to: <http://www.brainline.org>.

## **Brain Injury Association of America**

A national non-profit organization that addresses the needs of people with brain injuries and their families, as well as the health care professionals who treat individuals with TBI, the Brain Injury Association of America is involved in education, research, and advocacy on behalf of those affected by TBI. The association maintains a national network of state affiliates and a national directory of brain injury services that includes community-based services, specialists in brain injury, and support groups. To locate the brain injury association affiliate in your state, go to: <http://www.biausa.org/state-affiliates.htm>. To visit the Brain Injury Association's website, go to: <http://www.biausa.org/About-Us/about-brain-injury-association.htm>.

## **Brain 101: The Concussion Playbook**

Developed by Orcas, Inc., a health care technology company, Brain 101 provides online trainings for coaches, school personnel, parents and student athletes on preventing, identifying, and managing concussion. Checklists, charts, and other tools can be found on the Brain 101 website. For information about Brain 101, go to: <http://brain101.orcasinc.com>.

## **Brain Trauma Foundation**

Started in 1986, the Brain Trauma Foundation supports research on brain injury. It created Guidelines for Treating Severe TBI, which can be found at <http://www.braintrauma.org/coma-guidelines>. To view the Foundation's website, visit: <https://www.braintrauma.org>.

## **Centers for Disease Control and Prevention (CDC) Heads Up Initiative**

The CDC's Concussion in Sports webpage at <http://www.cdc.gov/concussion/sports/index.html> provides facts about concussions, advice on how to recognize a concussion, and information on what to do if a concussion occurs, as well as links to additional resources such as podcasts, videos, and fact sheets.

- **Heads Up: Concussion in Youth Sports** is a free online course for coaches and parents utilizing interviews with experts and personal stories to explain the signs and symptoms of concussion in young athletes. To take the training, go to: <http://www.cdc.gov/concussion/HeadsUp/online-training.html>. The course script, quiz, and information sheet are available in both English and Spanish. Heads Up is also available in CD-ROM format for use at training sessions and conferences.
- **Heads Up to Clinicians: Addressing Concussion in Sports Among Kids and Teens** is a free online course for health professionals that features interviews with experts and case studies. The course covers current research on how the brain is affected by a concussion, the reasons why the risks of concussion are greater for young people, techniques for assessing and managing concussions, and the 5-Step Return to Play model. To take the training, go to: <http://www.cdc.gov/concussion/headsup/clinicians.html>.
- **Heads Up to Schools: Know Your Concussion ABCs** is a CDC webpage featuring concussion-related resources for school nurses, teachers, counselors, and administrators. The webpage provides downloadable posters, fact sheets, and checklists. To view these and other resources, go to: <http://www.cdc.gov/concussion/HeadsUp/schools.html>. As part of the Heads Up to Schools, Know Your Concussion ABCs resources, the CDC also provides a fact sheet entitled Returning to School after a Concussion: A Fact Sheet for School Professionals. To read this fact sheet, go to: [http://www.cdc.gov/concussion/pdf/TBI\\_Returning\\_to\\_School-a.pdf](http://www.cdc.gov/concussion/pdf/TBI_Returning_to_School-a.pdf).

## **Colorado Department of Education Concussion Management Guidelines**

The Colorado Department of Education Concussion Management Guidelines (January 2012) were authored by Karen McAvoy, PsyD and Kristina Werther, LCSW and provide information on the history and prevention of concussion, as well as detailed information on the symptoms of concussion and on managing concussions through the creation of a multi-disciplinary team. To read the Concussion Management Guidelines, go to: <http://www.cde.state.co.us/HealthAndWellness/download/Brain%20Injury/Complete%20Concussion%20Guidelines%201-2012.pdf>.

## **Congressional Brain Injury Task Force**

Begun in 2001, the Congressional Brain Injury Task Force provides information to Congress and to the public on TBI. It promotes funding for brain injury research and provides policy and rulemaking guidance to federal agencies. To visit the task force's website, go to: <http://pascrell.house.gov>.

## **HRSA Federal Traumatic Brain Injury Program**

The Health Resources and Services Administration's Federal Traumatic Brain Injury Program helps states develop resources for individuals with TBI and for their families. The program funds Implementation Partnership Grants (IPGs) to states and territories. IPGs are available for up to four years and provide a maximum of \$250,000 per year to states and \$100,000 to territories. Between 1997 and 2012, 48 states, two territories, and the District of Columbia received at least one IPG. The HRSA Federal Traumatic Brain Injury Program also provides formula-based grants to Protection and Advocacy Systems and the Native American Protection and Advocacy Project to assess their protection and advocacy systems' responsiveness to TBI issues and to provide advocacy support to those with TBI and to their families.

To visit the website of HRSA's Federal Traumatic Brain Injury Program, go to: <http://mchb.hrsa.gov/programs/traumaticbraininjury/index.html>. The website also provides a list of links to publications, archived web casts, and external resources on TBI. These resources can be found at: <http://mchb.hrsa.gov/programs/traumaticbraininjury/resources.html>.

The Federal TBI Program supports a TBI Technical Assistance Center administered by NORC at the University of Chicago since 2009. The TBI Technical Assistance Center was established to help grantees in the planning and development of effective programs that improve access to health and other services for individuals with TBI and their families. TBI TAC staff analysts provide state grantees with individualized technical assistance. The TBI Technical Assistance Center subcontracts with the National Disability Rights Network (NDRN) to provide individualized technical assistance to the P&A TBI grantees. Additionally, the TBI Technical Assistance Center produces and disseminates a variety of specialized initiatives and information products for the Federal TBI Program.

## **Institute of Medicine: Sport-Related Concussions in Youth Project**

An ad hoc committee will prepare a report on sport-related concussions among youth as part of a 15-month project. The report will include findings from a literature review; recommendations for agencies and organizations, school personnel, military personnel, parents and equipment manufacturers; and areas for additional research. For more information about the project, go to: <http://www8.nationalacademies.org/cp/projectview.aspx?key=IOM-BCYF-11-03>.

### **International Brain Injury Association**

The International Brain Injury Association (IBIA) is a membership organization for brain injury professionals throughout the world. The IBIA publishes the journal Brain Injury and organizes a biennial IBIA World Congress, which brings together clinicians, researchers, advocates, and others from across the globe. To visit the IBIA's website, go to: <http://www.internationalbrain.org/about>.

### **MomsTeam.com**

Founded in 2000, MomsTeam provides youth sports information to parents through its website at: <http://www.momsteam.com/welcome-message>. The website contains an extensive section on Concussion Safety, which includes pages on data and statistics, recognizing and evaluating concussions, treatment and recovery from a concussion, returning to play, safety equipment, concussion research, and state laws related to concussions in youth sports.

### **National Association of State Head Injury Administrators (NASHIA)**

NASHIA maintains a list of state programs that address TBI. This list can be found at: <http://www.nashia.org/StatePrograms.asp>. NASHIA also provides technical assistance to states to help them create systems of care for those affected by TBI and, on its website, NASHIA supplies links to federal agencies, organizations, associations, and research projects that work to prevent TBI and to support those who have experienced TBI. To view NASHIA's website, go to: <http://www.nashia.org/default.asp>.

### **National Brain Injury Information Center**

The National Brain Injury Information Center can be found on the Brain Injury Association of America's website at: <https://secure.biausa.org/SearchResult.aspx?CategoryID=50>. A wide variety of resources are for sale through the information center, including booklets, books, posters, recorded webinars, DVDs, CDs, and videos. The information center has sections on children and on concussion in sports.

### **National Institute of Neurological Disorders and Stroke**

The National Institute of Neurological Disorders and Stroke maintains a Traumatic Brain Injury Information Page at: <http://www.ninds.nih.gov/disorders/tbi/tbi.htm>. The page contains a definition of TBI; brief descriptions of treatment of, prognosis for, and research on TBI; links to clinical trials related to TBI; and contact information for organizations that help those with TBI. To visit the National Institute's website, go to: <http://www.ninds.nih.gov/index.htm>.

### **NFLHealth&Safety.com**

The National Football League (NFL) maintains a Health & Safety website that provides a breakdown of concussion legislation by state, as well as frequently asked questions (FAQs) about sport-related concussions. To visit the NFL Health & Safety website, go to: <http://nflhealthandsafety.com>.

### **North American Brain Injury Society**

The North American Brain Injury Society (NABIS) is a professional membership organization for those who are involved in issues relating to brain injury. NABIS focuses on translating brain injury science into practice. It holds an annual conference and publishes the journal Brain Injury Professional. To visit NABIS's website, go to: <http://www.nabis.org/>. To learn more about Brain Injury Professional, go to: <http://www.nabis.org/brain-injury-professional/>.

### **Return to Learning: Going Back to School Following a Concussion**

Authored by Karen McAvooy and published in Volume 40, Issue 6 (March/April 2012) of the NASP Communique, Return to Learning: Going Back to School Following a Concussion provides school personnel with information about how to help a student who has sustained a concussion transition successfully back to school. The article explains the symptoms of concussion, familiarizes educators with the ways in which concussions can affect learning and performance in the classroom, and recommends specific interventions that can reduce mental fatigue and support recovery. To read the article, go to: <http://www.nasponline.org/publications/cq/40/6/return-to-learning.aspx>.

### **Rocky Mountain Hospital for Children REAP Concussion Management Program**

The REAP Concussion Management Program provides guidelines for parents, school personnel, and health care providers to implement a team-based approach to helping student athletes recover from concussion. Information about the program can be found at: <http://www.rockymountainhospitalfor-children.com/sports-medicine/concussion-management/reap-guidelines.htm>

### **Safe Concussion Outcome Recovery and Education (SCORE)**

This program, created by the Children's National Medical Center, evaluates, monitors, and manages the care of children with concussions. The program consults with physicians regionally and nationally, as well as scholastic and youth recreational programs in which children are vulnerable to injury. The website provides resources for parents, coaches, schools, and health care providers. To visit the website, go to: <http://www.childrensnational.org/score>.

### **Sarah Jane Brain Project**

In 2009, the Sarah Jane Brain Project developed the Pediatric Acquired Brain Injury (PABI) Plan, which outlines a comprehensive system of care for children and young adults with TBI. The plan calls for the creation of State Lead Centers of Excellence in pediatric acquired brain injury in every state. To read the plan, visit: <http://www.thebrainproject.org/pabihome.php>. To visit the Sarah Jane Brain Project website, go to: <http://www.thebrainproject.org/index.php>.

### **Sport Concussion Library**

The Sport Concussion Library from the Canadian Medical Association offers information on sports concussions geared towards researchers, athletes, parents, coaches, first responders, educational institutions, and physicians. It is a non-profit, free storehouse for non-commercial peer-reviewed literature on sports concussions. A log-in is needed, but registration is free. Some articles may link to sites which require a subscription. To access the Sport Concussion Library, visit: <http://www.sport-concussionlibrary.com>.

## **Sports Legacy Institute (SLI)**

The Sports Legacy Institute educates athletes, coaches, and parents about concussions. Resources for coaches include half-day and full-day on-site concussion consulting to review and upgrade concussion training, protocols, assessment, management, prevention, tracking systems, and action plans. SLI provides Advanced Concussion Training and Seven Steps for Brain Safety. To access these resources, visit: <http://www.sportslegacy.org/sports-legacy-institute-concussion-education-programs/for-coaches>. SLI also offers return to play guidelines for first, second, and third concussions at: <http://www.sportslegacy.org/policy-2/cantus-return-to-play-guidelines>.

## **Think First National Injury Prevention Foundation**

Think First educates young people about the importance of making safe choices to avoid brain and spinal cord injuries through programs such as Think First for Kids, Think First for Youth, and Think First for Teens. Think First maintains a webpage with information on concussions at <http://www.thinkfirst.org/Concussion.asp>. To visit the Think First website, go to: <http://www.thinkfirst.org/home.asp>.



CSN is a resource center for MCH and injury prevention professionals in State and Territorial health departments who are committed to reducing injuries and violence among children and adolescents. CSN is supported by the Maternal and Child Health Bureau, Health Resources and Services Administration, Department of Health and Human Services.

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