Traumatic Brain Injury
Education and Resource Manual

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

This manual was developed by Project STAR at Carolinas Rehabilitation and made possible through funding received from HRSA grant contract # 1906-09

2008
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TBI Education and Resources

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*
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*
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
Carolinias Traumatic Brain Injury Rehabilitation & Research System/NIDRR
877-962-7246
www.caroliniasrehabilitation.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

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+Indicates article included in attached folder, TBI Information
TBI Education and Resources

**Introduction and General TBI**

**In an Instant: A Family’s Journey of Love and Healing**
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**
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.

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+Indicates article included in attached folder, *TBI Information*
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Introduction and General TBI

The Brain*+
Project STAR
877-962-7246

Undiagnosed Brain Injuries in Youths and Adults*
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*
Mount Sinai Traumatic Brain Injury (TBI) Central
www.mssm.edu/tbicentral/resources/publications/tbi_research

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+Indicates article included in attached folder, TBI Information
TBI Education and Resources

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
800-321-7037
www.braininjurybooks.com

Brain Injury Rehabilitation: Developing Self Control
HDI Professional Series, Volume 14
800-321-7037
www.braininjurybooks.com

Brain Injury Rehabilitation: Developing Social Skills
HDI Professional Series, Volume 9
800-321-7037
www.braininjurybooks.com

Brain Injury Rehabilitation: Managing Anger and Aggression
HDI Professional Series, Volume 6
800-321-7037
www.braininjurybooks.com

Head Injury Rehabilitation: Sexuality After TBI
HDI Professional Series, Volume 10
800-321-7037
www.braininjurybooks.com

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Behavior And Behavioral Strategies After Brain Injury

Interventions for Behavioral Problems After Brain Injury *
New York Traumatic Brain Injury Model System
www.premier-outlook.com/

OOPS! Social Skills after Brain Injury*
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 *
New York Traumatic Brain Injury Model System
www.mssm.edu/tbicentral

Post-Traumatic Irritability *
*Heads Up*
Carolinias Traumatic Brain Injury Rehabilitation & Research System/NIDRR
877-962-7246
http://www.caroliniasrehabilitation.org

What I Really Want is a Girlfriend: Meaningful Social Interaction after Traumatic Brain Injury *
Ylvisaker, M. & Feeney, T.
www.lrssl.com/biaa/bookstore.asp#BrainInjurySource

* * *
*Indicates printed copies included in packet
+Indicates article included in attached folder, *TBI Information*
Cognition and Memory After Brain Injury

Brain Injury Rehabilitation: Managing Attention Deficits
HDI Professional Series, Volume 7
800-321-7037
www.braininjurybooks.com

Brain Injury Rehabilitation: Management of Communication and Language Deficits
HDI Professional Series, Volume 20
800-321-7037
www.braininjurybooks.com

Initiation Problems*
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
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*
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
919-562-0015
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.
https://www.lrsssl.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
TBI Education and Resources

Caregiver Support

Brain Injury Rehabilitation: The Role of the Family in TBI Rehab
HDI Professional Series, Volume 19
800-321-7037
www.braininjurybooks.com

Care Notes*
Project STAR
Carolinanas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203
www.bianc.net

Coping with Brain Injury: An Approach for Spouses*
www.premier-outlook.com/

Planning for the Future*
Heads Up
Carolinanas Traumatic Brain Injury Rehabilitation & Research System/NIDRR
877-962-7246
http://www.carolinanasrehabilitation.org

Additional Resources on the Internet:

www.caregiver.com
www.thefamilycaregiver.org
www.caregiverslibrary.org
www.caregiving.org

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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

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+Indicates article included in attached folder, TBI Information
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.lrsssl.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

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+Indicates article included in attached folder, TBI Information
Additional Resources on the Internet:

- Brain Injury Association of America
  www.biausa.org

- Family Support Network of North Carolina
  fsnnc.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
**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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asheville</td>
<td>1-866-890-7801</td>
</tr>
<tr>
<td>Charlotte</td>
<td>1-877-962-7246</td>
</tr>
<tr>
<td>Greenville</td>
<td>1-800-697-3115</td>
</tr>
<tr>
<td>Raleigh</td>
<td>1-800-377-1464</td>
</tr>
<tr>
<td>Anson County (Wadesboro area)</td>
<td>704-694-3156</td>
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<tr>
<td>Anson County BI and Cognitive Disability Group</td>
<td>704-695-3233</td>
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<tr>
<td>Nancy Capel/Cynthia Furr</td>
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<tr>
<td>Asheville</td>
<td>828-277-4868</td>
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<td>Smoky Mountain Brain Injury Support Group</td>
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<tr>
<td>Karen Harrington</td>
<td></td>
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<tr>
<td>Cary</td>
<td>919-231-3325</td>
</tr>
<tr>
<td>Cary Hospital Support Group</td>
<td>919-460-9094</td>
</tr>
<tr>
<td>Leslie Johnson/David Baack</td>
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<tr>
<td>Chapel Hill</td>
<td>919-966-8813</td>
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<td>UNC Rehabilitation Brain Injury Support Group</td>
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<tr>
<td>Karla Thompson</td>
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<tr>
<td>Charlotte, NC</td>
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<tr>
<td>Carolinas Rehabilitation Inpatient/Outpatient Family Care</td>
<td>704-355-1502</td>
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<tr>
<td>Peggy Philbrick</td>
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<tr>
<td>Charlotte Area Brain Injury Association</td>
<td>704-355-1502</td>
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<td>Carolinas Rehabilitation</td>
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<tr>
<td>Sally Rickard</td>
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<tr>
<td>Couples Night Out Support Network</td>
<td>704-355-1502</td>
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<td>Spouse Support Group</td>
<td>704-355-1502</td>
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<td>Peggy Philbrick</td>
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<td>Cleveland County</td>
<td>704-434-5624</td>
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<td>BI Support Network</td>
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<td>Carolyn Costner</td>
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<tr>
<td>Concord, NC</td>
<td>704-888-4110</td>
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<tr>
<td>Concord Area Brain Injury/Spinal Cord Injury Support Network</td>
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<tr>
<td>Margaret Love/Gayle Pittman</td>
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<td>Durham</td>
<td>919-529-1241</td>
<td>Fayetteville</td>
<td>910-486-1101</td>
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<td>Fayetteville</td>
<td>910-907-7898</td>
<td>Fort Bragg</td>
<td>910-486-1101</td>
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<tr>
<td>Gaston/Lincoln County</td>
<td>704-884-2500</td>
<td>Gaston/Lincoln County</td>
<td>704-671-5738</td>
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<tr>
<td>Raleigh</td>
<td>1-800-377-1464</td>
<td>Gaston/Lincoln County</td>
<td>704-671-5738</td>
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<td>Fort Bragg</td>
<td>910-907-7898</td>
<td>Gaston/Lincoln County</td>
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<td>Goldsboro</td>
<td>800-697-3115</td>
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<td>336-832-7450</td>
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<td>336-319-2214 (pager)</td>
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TBI Education and Resources

Kerr Lake Brain Injury Support Group
Mike Scott

Brain Injury Support Groups**

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<tr>
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<td>1-800-697-3115</td>
<td>1-800-377-1464</td>
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Hickory

Catawba Valley Brain Injury Association
Crystal Podger/Pat Benfield

High Point

Brain Injury Alliance of High Point
John Peeler/Kitty Barringer

Brain Boosters Support Group
Diane Rankin

Jefferson

High Country Brain Injury Support Group
Wylene Taylor

Lenoir/Caldwell County

Foothills Area Brain Injury Support Group
Please call Pam Gilbert

Lincolnton

Lincolnton Brain Injury Support Group
Melody Thompson/Ruby Vincent

Mooresville/Lake Norman

Lake Norman Brain Injury Support Network
Sylvia Whitmire

New Bern

Coastal Brain Injury Support Group
Amy Davis

Raleigh

Triangle Brain Injury Support Group
Monica McGrath

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**Brain Injury Support Groups**

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<td>Greenville</td>
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<td>1-800-697-3115</td>
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<td>Raleigh</td>
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<td>1-800-377-1464</td>
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<tr>
<td>Rocky Mount</td>
<td>252-451-3704</td>
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<td>Stanly County</td>
<td>704-485-2483</td>
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<td>Statesville</td>
<td>704-528-0399</td>
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<td>Sylva</td>
<td>828-497-5786</td>
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<td>Union County</td>
<td>704-355-1502</td>
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<td>Wilmington</td>
<td>910-815-5618</td>
<td>800-778-7033</td>
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<td>Winston-Salem</td>
<td>336-718-3407</td>
<td>336-718-5736</td>
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