

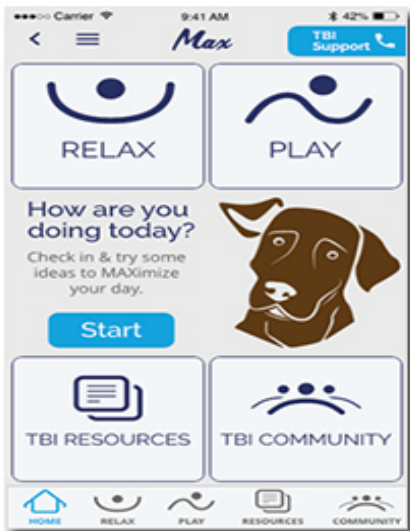
# Brain Injury & Recovery Program

**TBI/ABI**



Washington Department of Veterans Affairs  
mobile app designed for veterans, family  
members, and resource providers that  
work with and for veterans dealing with a  
Traumatic Brain Injury.

*Max, your virtual service dog is here  
to make a Max Impact!*



Search for and download the app on iTunes  
and/or Google Play Store as just one word,  
**MaxImpact**

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**1-800-562-2308**



**800-562-2308**  
**[www.dva.wa.gov](http://www.dva.wa.gov)**

**VETERANS CRISIS LINE:**  
**988**

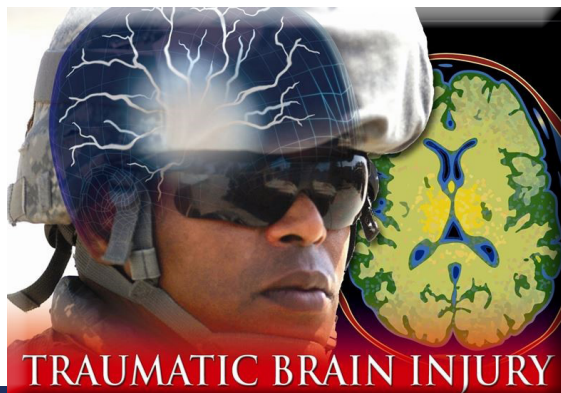


# WASHINGTON STATE TBI PROGRAM

Our military experience brain injuries at a much higher rate than their civilian counterparts do. Many of these injuries go unnoticed or underreported. That does not keep the brain injury from increasing the risks to the veteran. A brain injury can increase the risk of job loss, substance abuse, homelessness, depression and suicide.

Brain injuries are referred to from Severe to Mild (Aka. Concussion). These levels refer to the amount of damage to the brain and NOT to the severity of the symptoms an injury can leave behind. The symptoms caused by even a mild injury can significantly interfere with the veterans' ability to work, attend school, focus on tasks and more.

We offer support, a training center, a referral source, and more **all free of charge**.



**800-562-2308**

## Who do we serve?

- Veterans: Any veteran.  
The WDVA TBI/ABI program serves all veterans regardless of period of service.
- Service members: Including National Guard and Reserves.
- Family members of veterans with TBI/ABI.
- Mental health or medical providers caring for veterans with TBI/ABI.
- Institutions of Higher Learning.
- Employers of veterans with TBI/ABI.
- Anyone who wants to learn more about how to help a Veteran with TBI/ABI.

## What do we provide?

- One-on-one assistance, and advocacy to veterans with TBI/ABI.
- Support and education to service members, and family members.
- Screening tools and training in TBI/ABI/PTSD detection.
- Employer support services.
- Clinical staffing, education, and awareness training services for mental/behavioral health providers and medical providers.
- Case consultation.
- Treatment program evaluations and consultations.
- Staff training.
- Support group presentations.
- Resource tables at conferences and summits

A brain injury can have long-term symptoms without you having lost consciousness.

The injury from a blast is the “signature injury” of OEF/OIF. Exposure to a blast can cause damage without any visible wounds or signs.

## SIGNS AND SYMPTOMS

- ☐ Memory problems
- ☐ Problems with attention
- ☐ Mood and emotional dysregulation
- ☐ Light/sound/touch sensitivity
- ☐ Migraines/headaches
- ☐ Balance and coordination problems
- ☐ Irritability
- ☐ Fatigue
- ☐ Sleep issues...and more

While there is little to be done about the injury itself there is a great deal that can be done to help with the symptoms caused by the injury. That's where we come in!

**VETERANS CRISIS LINE:**

**988**

**TEXT 838255**

**dva.wa.gov**