The Veteran client and TBI - What they want you to know to help them succeed

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Often overlooked and misunderstood

Wednesday, September 21
Ball-A-Palooza! 5000 golf balls will be dropped from a helicopter for a chance to win great prizes. Sponsored by the N.E.W. Curative Rehabilitation, Inc., with all proceeds going directly into the Brain Injury Program. The event is located at the Bisbee Range and Golf Center, 4019 Hwy

I am still the same person, my processor is just slow. I constantly do updates, but there aren't many available for the model I have. Please don't abandon me. I am still the same person.

~a brain injury survivor
TOP 4 CAUSES OF TBI

1. Falls - 35.2%
2. Motor vehicle - traffic - 17.3%
3. Struck by/against events - 16.5%
4. Assaults - 10%
TBI- Common Symptoms
Figure 1. Energy allocation by the brain prior to Concussion/mTBI.

Figure 2. Lack of reserve energy to assist with recovery of the brain following a concussion/mTBI, in a time where you need excess energy for everyday function.
Recognizing/evaluating AKA Diagnose VS. ?

H – Have you ever Hit your head or been Hit on the Head, or Have you been exposed to a blast or a violent pressure change?

- Yes
- No

See Examples

E – Were you ever seen in the Emergency room or hospital, or by a doctor or any medical personnel, because of an injury to your head?

- Yes
- No

See Examples

L – Did you ever Lose consciousness or experience a period of being dazed and confused because of an injury to your head?

See Examples

Finish
### Meditation Exercises
Practice meditation to bring calm and balance to your life.

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<td><strong>Panic Button</strong></td>
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<td>Overwhelmed? Get fast relief. 5:16</td>
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| Progressive Muscle Relaxation |
| Monitor and control muscular tension. 7:43 |

| Guided Imagery |
| Escape negative thoughts and relax. 11:46 |

| Grounding |
| Stay grounded and present. 16:47 |

### Self-Timed Meditation

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<td><strong>Relax</strong></td>
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Picture Recall Game
Study the image.

Picture Recall Game
Select the grid square where you think each piece of the picture goes.

Picture Match Game
Click on the boxes to uncover matching pairs.
Meditation Exercises
Practice meditation to bring calm and balance to your life.

Guided Meditation

Panic Button
Overwhelmed? Get fast relief. 5:16

Progressive Muscle Relaxation
Monitor and control muscular tension. 7:43

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Escape negative thoughts and relax. 11:46

Grounding
Stay grounded and present. 16:47

Self-Timed Meditation

Meditation Timer
New Rules for Veterans Disability Related to Brain Injury (TBI)
What can you do?

- Become informed, not necessary to be an expert.
- Use the screen but understand its limitations
- Hand out the fact sheet
- Warm vs cold hand-offs
- Questions?
- Thank you!!!