

TRAUMATIC BRAIN INJURY & Justice-Involved Veterans

What is a Traumatic Brain Injury (TBI)?

The Centers for Disease Control and Prevention defines a traumatic brain injury as an interruption to normal brain function caused by a bump, blow to the head, blast, or penetrating head injury.

[CDC Traumatic Brain Injury Website](#)

Signs of TBI include:

- Confusion
- Disorientation
- Slowed thinking after the injury
- Loss of memory for events before or after the injury

[Department of Defense Website](#)

TBI may impair your abilities to focus



Tip: Take your time with lengthy tasks

Common Symptoms of a TBI

- Personality changes
- Angry outbursts
- Problems sleeping
- Loss of coordination
- Speaking problems
- Unpredictable and sad mood
- Agitation
- Confusion
- Anxiety
- Seizures
- Dizziness
- Depression
- Headaches



[Mayo Clinic Website](#)



NATIONAL ASSOCIATION
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ADMINISTRATORS

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"Christopher & Dana Reeve Foundation."

TRAUMATIC BRAIN INJURY CONT'D

How Common are TBI's for Justice-Involved Veterans?

9% to 28% of Veterans from some eras have a history of TBI

Severity is classified by the length of loss of consciousness, post-traumatic amnesia, and altered mental status.
82% of all TBI are mild.



Journal of the American Medical Association

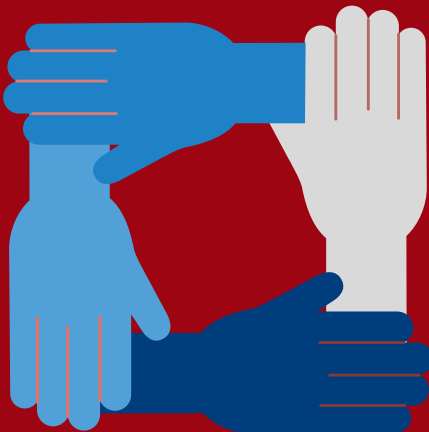
Military Health System

TBI may result in slow responses to tasks and direction from others



Tip: Ask for extra time when you need It

Coping with TBI



- Do not push yourself, it may be tempting to return to your normal routine, but a TBI can make it difficult.
- Create a daily routine to ease the brain back into a “normal” and consistent schedule.
- Create a strong support system.

Disabled American Veterans

Memory problems may make it hard to remember certain details



Tip: While listening to instructions, write them down



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TRAUMATIC BRAIN INJURY CONT'D


Short and Long-term Effects of TBI

- Increased risk of difficulty with memory.
- Increased risk of developing tinnitus, or ringing in the ears.
- Increased risk of depression, Post Traumatic Stress Disorder (PTSD), and problematic substance use.
- Veterans with TBI can experience feelings of hopelessness and negative thoughts.



VA CRISIS HOTLINE
Call: 1-800-273-8255
Text: 838255
[Veterans Crisis Line](#)

[National Library of Medicine](#)

TBI symptoms can be difficult to manage
 Tip: Track and log your symptoms every day



Therapy Options:

- Cognitive Behavioral Therapy (CBT)
- Physical Therapy
- Occupational Therapy
- Speech-Language Therapy
- Assistive Devices

Resources like the VA or Disabled Veterans National Foundation offer assessment and rehabilitation for Veterans with TBI or SCI

[Disabled Veterans National Foundation](#)

[VA Polytrauma/TBI Website](#)

TRAUMATIC BRAIN INJURY CONT'D

TBI from active duty can be difficult to manage on your own



Tip: Peer support available through Wounded Warrior connects you with other Veterans living with TBI

Is There a Connection Between TBI/SCI & Paralysis?

The Christopher & Dana Reeve Foundation provides extensive resources for Veterans living with paralysis after TBI and/or spinal cord injury (SCI)

Veterans can be impacted by TBI and/or SCI in active duty or post-duty. SCI may result in paralysis or muscle weakness.

SCI Symptoms

- Tingling or loss of sensation in hands, fingers, feet, or toes.
- Partial or total loss of control over any part of the body.
- Difficulty with balance or walking.

Stress may make TBI or SCI symptoms worse



Tip: Avoid alcohol and other substances, take regular breaks, and practice good sleeping habits

Living with a TBI or SCI can be very challenging...

Paralyzed Veterans of America offers information on military benefits and peer support.

It's important to:

- Ask for extra assistance and use resources for mental health, medical, and career services.
- Respect your body's boundaries, it's okay to ask for help in daily tasks.
- Communicate how you're feeling and find support in Veterans with similar experience.



[Paralyzed Veterans of America](#)



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LESIÓN CEREBRAL TRAUMÁTICA y veteranos involucrados en la justicia

¿Qué es una lesión cerebral traumática (TBI)?

Los Centros para el Control y la Prevención de Enfermedades definen una lesión cerebral traumática como una interrupción de la función cerebral normal causada por un golpe en la cabeza o una herida penetrante en la cabeza.

Las señales de una TBI incluyen:

- Confusión
- Desorientación
- Pensamiento lento después de la lesión
- Pérdida de memoria de eventos anteriores o posteriores a la lesión.

[CDC Traumatic Brain Injury Website](#)

[Department of Defense Website](#)

Las TBI pueden afectar sus habilidades para concentrarse



Consejo: tómese su tiempo con los deberes

Síntomas comunes de una lesión cerebral traumática (TBI)

- Cambios de personalidad
- Arrebatos de ira
- Problemas para dormir
- Pérdida de coordinación
- Problemas para hablar
- Dolores de cabeza
- Estado de ánimo impredecible y triste
- Agitación
- Confusión
- Ansiedad
- Convulsiones
- Mareo
- Depresión



[Mayo Clinic Website](#)



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LESIÓN CEREBRAL TRAUMÁTICA CONTINUACIÓN

¿Qué tan comunes son las TBI entre los Veteranos y miembros del servicio?

Del 9% a 28% de los Veteranos que sirvieron en distintas épocas tienen antecedentes de una lesión cerebral traumática (TBI)

La gravedad se clasifica según la duración de la pérdida de conciencia, la amnesia postraumática y el estado mental alterado. El 82% de todos los TBI son leves.



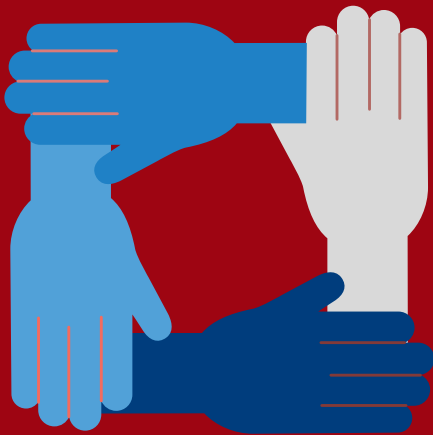
Journal of the American Medical Association

Military Health System

Las TBI pueden resultar en respuestas retrasadas a los deberes e instrucciones de los demás

Consejo: pida tiempo extra cuando lo necesite

Lidiando con una TBI



- No se esfuerce demasiado, puede ser tentador volver a su rutina normal, pero una TBI puede dificultarlo.
- Cree una rutina diaria para que el cerebro regrese a un horario "normal" y constante.
- Cree un fuerte sistema de apoyo.

Disabled American Veterans

Los problemas de memoria pueden hacer que sea difícil recordar ciertos detalles

Consejo: mientras escucha las instrucciones, escríbalas



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Efectos a corto y a largo plazo de las TBI

- Un mayor riesgo de depresión, trastorno de estrés postraumático y uso de sustancias.
- Un mayor riesgo de dificultad con la memoria.
- Un mayor riesgo de desarrollar tinnitus o zumbido en los oídos.
- Los veteranos con una TBI a menudo pueden sufrir sentimientos de desesperanza y pensamientos negativos.



LÍNEA DIRECTA DE CRISIS VA
Teléfono: 1-800-273-8255
Mensaje de texto: 838255
[Veterans Crisis Line](#)

[National Library of Medicine](#)

Los síntomas de TBI pueden ser difíciles de manejar



Consejo: Registre y dele seguimiento a sus síntomas todos los días



Opciones de terapia:

- Terapia conductual cognitiva (TCC)
- Terapia física
- Terapia ocupacional
- Terapia del habla y lenguaje
- Dispositivos de ayuda

Los recursos como el VA o la Fundación Nacional de Veteranos Descapacitados ofrecen evaluaciones y rehabilitación para los veteranos que sufren una TBI o SCI

[Disabled Veterans National Foundation](#)

[VA Polytrauma/TBI Website](#)



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LESIÓN CEREBRAL TRAUMÁTICA CONTINUACIÓN

TBI en el servicio activo puede ser difícil de manejar por su cuenta

 Consejo: Apoyo de pares disponible a través de Wounded Warrior lo conecta con otros veteranos que viven con una TBI.

¿Existe una conexión entre TBI/SCI y parálisis?


La Fundación Christopher & Dana Reeve proporciona amplios recursos para los veteranos que viven con parálisis después de una lesión cerebral traumática o lesión de la médula espinal (SCI)

Los veteranos pueden verse afectados por TBI y/o SCI en el servicio activo o después del servicio. SCI puede resultar en parálisis o debilidad muscular.

Síntomas de SCI

- Hormigueo o pérdida de sensibilidad en manos, dedos, pies o dedos de los pies.
- Pérdida parcial o total del control sobre cualquier parte del cuerpo.
- Dificultad con el equilibrio
- Dificultad para caminar

El estrés puede empeorar los síntomas de TBI/SCI

 Consejo: Evite el uso de drogas y el alcohol, tome descansos, y practique buenos hábitos de sueño

Vivir con una TBI o SCI puede ser muy desafiante...

Los Veteranos Paralizados de América ofrecen información sobre beneficios militares y apoyo

Es importante:

- Solicitar asistencia adicional y utilizar recursos para servicios médicos, de salud mental y de carrera.
- Respetar los límites de su cuerpo. Está bien pedir ayuda en sus tareas diarias.
- Comunicar cómo se siente y encontrar apoyo mutuo en veteranos con experiencias similares. [Paralyzed Veterans of America](https://www.pva.org/)



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