

The Washington Traumatic Brain Injury Strategic Partnership Advisory Council

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PO Box 45050, Olympia, WA 98504 | www.dshs.wa.gov

TBI Overview

Blow or jolt to the head that disturbs brain function.



2013 – 4,787 Non-Fatal TBI Injury Hospitalizations in Washington (60% fall related).

<https://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/Data/WashingtonStateInjuryDataTables#tbi>

DOD Worldwide Numbers reports – 370,688 first time TBIs since 2000 (these numbers are not recorded by the CDC or DOH).

<https://dvhic.dcoe.mil/dod-worldwide-numbers-tbi>

Nationally in 2013 falls were leading cause of TBI.

https://www.cdc.gov/traumaticbraininjury/get_the_facts.html



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Acquired Brain Injury (ABI)

- Alcohol or drugs – which can poison the brain
- Disease – such as AIDS, Alzheimer’s disease, cancer, multiple sclerosis or Parkinson’s disease
- Lack of oxygen – called anoxic brain injury (for example, injury caused by a near drowning)
- Stroke – when a blood vessel inside the brain breaks or is blocked, destroying the local brain tissue.



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The stigma of Brain injury:

- Invisible injury
- Providers denial
- Diagnosis
- Awareness
- Culture differences
- Access to care

Communities most at risk:

- Elderly
- Veterans
- Youth Sports
- Men
- Children two or younger

Often diagnosis of a TBI do not come until 1-20 years after the injury.

Contributing factors:

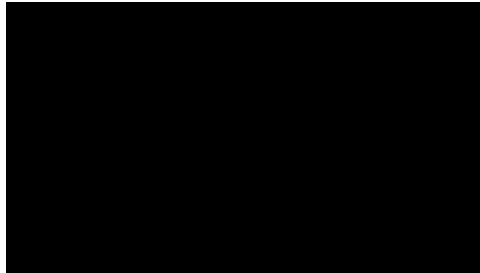
- Alcohol, opioids
- Combat
- Sports (football, boxing, soccer)



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Survivor Stories – Jason

<https://www.youtube.com/watch?v=CboR4nEnbgM>



Moderate to Severe Traumatic Brain Injury is a Lifelong Condition



SEIZURES 50 x more likely	ACCIDENTAL DRUG POISONING 11 x more likely	INFECTIONS 9 x more likely	PNEUMONIA 6 x more likely
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In addition, people with moderate to severe TBI typically face a variety of chronic health problems. These issues add costs and burden to people with TBI, their families, and society. Among those still alive 5 years after injury:

- 57%** are moderately or severely disabled.
- 55%** do not have a job (but were employed at the time of their injury).
- 50%** return to a hospital at least once.
- 33%** rely on others for help with everyday activities.
- 29%** are not satisfied with life.
- 29%** use illicit drugs or misuse alcohol.
- 12%** reside in nursing homes or other institutions.

Five-year outcomes of persons with TBI*



*Data are US population estimates based on the TBIMS National Database. Data refer to people 16 years of age and older who received inpatient rehabilitation services for a primary diagnosis of TBI.

Health care providers can:

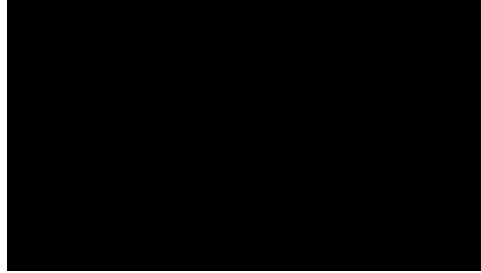
- Determine if their patients have experienced TBI and understand the impact of TBI on the current health status of patients.
- Screen for and treat common, late-developing problems, such as depression, substance misuse, and weight gain.
- Encourage lifestyles that promote brain health.
- Educate patients and their families to prevent or reduce late-occurring problems.



Washington State Department of Social and Health Services

Survivor Stories – BrainWorks

<https://www.youtube.com/watch?v=bgHF4i-u8aY>



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Physical abilities affected:

- Balance
- Mobility
- Coordination
- Muscle Strength, tone and control

Physical senses affected

- Vision
- Hearing
- Smell
- Touch
- Taste

Physical effects of TBI

- Headaches
- Sleep Changes
- Fatigue/Loss of Stamina
- Dizziness
- Difficulty swallowing
- Seizures



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Cognitive abilities affected:

- Memory
- Concentration
- Attention Span
- Orientation
- Language
- Abstract and Organizational Thinking
- Social Judgement
- Slow processing speed

How you can help?

- Put calendars, clocks, family pictures, and signs all over the home
- Use notebook to plan for and long events
- Establish a routine
- Limit change
- Slow down and simplify your information
- One task at a time
- Reduce clutter
- Refocus attention, refocus attention

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Communication effects:

- Understand and remember what is being said
- Express needs, wants and ideas clearly to others
- Slurred speech
- Speaking to loud or soft
- Speaking to rapidly
- Issues starting a conversation
- Word finding problems
- Reading comprehension problems

How you can help?

- Make sure you have the survivors attention
- Be patient with responses
- Be clear and to the point
- Reduce distractions
- Have the survivors repeat the question back to you
- Starting the conversation with "What do you think about...?"

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History

Survivors and their families

Tommy Manning – Rep. Dennis Flannigan 27th district

TBI Act of 1996

Federal - Traumatic Brain Injury (TBI) State Partnership Grant Program

Military – OIF/OEF - Joint Base Lewis-McChord

When did this happen?

- The Washington Traumatic Brain Injury Strategic Partnership Advisory Council was created from House Bill 2055 approved by the Washington State Legislature in 2007.

RCW 74.31 “Tommy Manning Act”

- Addresses issues related to Traumatic Brain Injury (TBI). The statute recognizes that current programs and services were not funded or designed to address the diverse needs of individuals with traumatic brain injuries.
- Creates the Washington State Traumatic Brain Injury Strategic Partnership Advisory Council and TBI trust fund account. A \$2 fee imposed on every traffic violation in the state goes to the TBI trust fund.

RCW 74.31 “Tommy Manning Act”

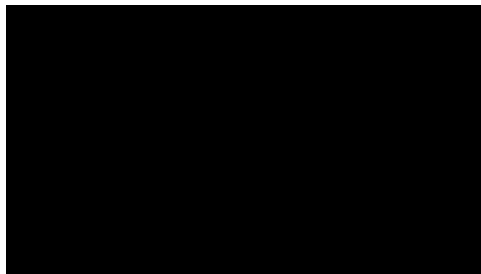
1. Staff support—Department powers and duties—Comprehensive plan
2. Public awareness campaign
3. Support group programs—Funding—Recommendations
4. Information and referral services

The Washington Traumatic Brain Injury Strategic Partnership Advisory Council

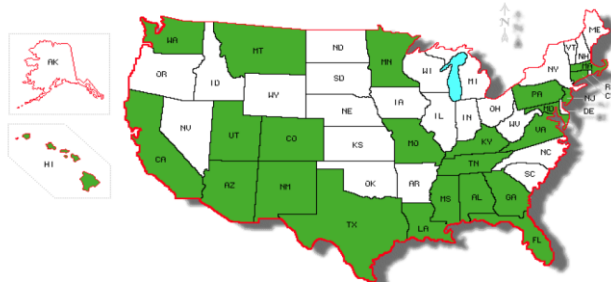
- The council is composed of 25 members from the public and private sector and includes individuals with TBI, medical professionals serving individuals living with TBI, human service providers, family members of individuals with TBI, caregivers serving individuals with TBI and state agency representatives.
- The council is tasked with addressing the needs and gaps in services for the TBI community and developing a semi-annual statewide plan.

TBI Council

<https://www.youtube.com/watch?v=Sz3NjGWbsV4>



States with TBI/ABI Trust Fund Programs



Current Trend = Declining revenues: Of the 24 states with dedicated funding as a result of fines assessed to traffic violations, 17 states have declining or steady state revenue.

Impact on Legislation

In 2011, House Bill 1614 passed the legislature adjusting the requirement of Department of Social and Health Services to provide funding in certain areas.

In 2011, House Bill 1718 expanded the mental health court to allow for participation by offenders who may benefit from treatment related to a TBI, which also provided additional services while in the correctional system.

Impact on Legislation

In 2009, House Bill 1824 was passed, also known as the Zachary Lystedt Law, which is arguably the most rigorous state law protecting young athletes from severe brain injuries.

Youth athletes who are suspected of sustaining a concussion or head injury must be removed from play. "When in doubt, sit them out."

School districts must work with the Washington Interscholastic Activities Association (WIAA) to develop information and policies on education of coaches, youth athletes and parents about the nature and risk of concussion, including the dangers of returning to practice or competition after a concussion.

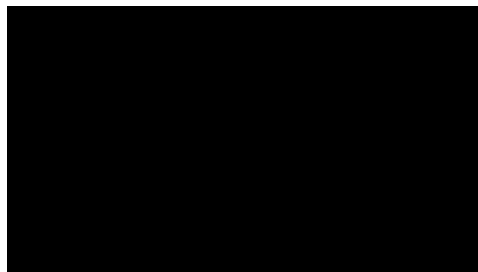
All student athletes and their parents/guardians must sign an information sheet about concussion and head injury prior to the youth athlete's initiating practice at the start of each season.

Youth athletes who have been removed from play must receive written medical clearance prior to returning to play from a licensed health-care provider trained in the evaluation and management of concussion. Trainers can provide evaluation.

Private, nonprofit youth sports associations wanting to use publicly owned playfields must comply with this law.

Survivor Stories – Maria

<https://www.youtube.com/watch?v=xfH6ldEuUkY>



Resources

- BIAWA – I&R, Resource Center and Management

<https://www.biawa.org/>

1-877-824-1766

- BEST – Support Groups and Facilitator Training

<http://www.brainenergysupportteam.org/>

1-877-719-BEST

Resources

- DVA – Support for Vets with TBI

<http://www.dva.wa.gov/benefits/traumatic-brain-injury-tbi>

360-725-2223

- BrainWorks – Day Program Focused on Employment

<http://provail.org/what-we-do/seattle-brainworks/>

206-457-4841

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<https://www.dshs.wa.gov/altsa/traumatic-brain-injury/traumatic-brain-injury-advisory-council>



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Questions?

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