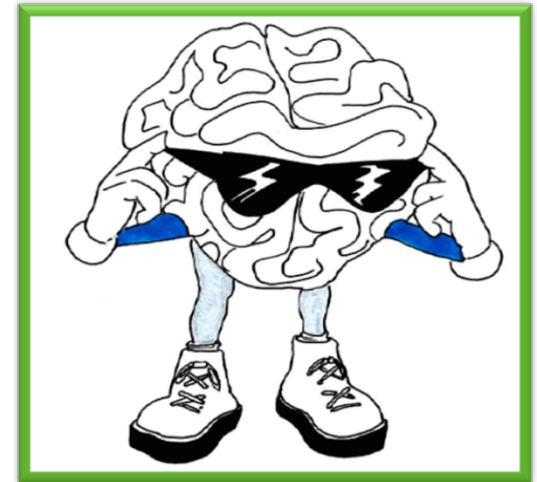


YO!

STATEWIDE TBI WEBINAR:

ISSUES IMPACTING YOUTH WITH TBI

- ➔ August 16, 2011
- ➔ 3:30-4:30 pm
- ➔ Presented by CCCIL



YO! DISABLED & PROUD

CONNECTING, ORGANIZING, & EDUCATING
YOUTH WITH DISABILITIES



TOLL-FREE **866-296-9753**



WHO'S MOST LIKELY TO
GET A TBI?



CHILDREN AGES 0-4
YOUTH AGES 15-24

THE BRAIN

- ➔ The brain affects who we are, the way we think, act and feel.
- ➔ A Traumatic Brain Injury can change everything about ourselves in a matter of seconds.

THE BRAIN

- ➔ Brain = Consistency of “Jell-O”
- ➔ A TBI or Bruising of the brain is caused by sudden movement against skull.
- ➔ As with Jell-o if you cut the brain you may not even be able to see it.

A decorative header featuring a green vertical bar on the left with a white circle. To the right, the words 'TRUE' and 'FALSE' are written in large, bold, grey letters. A red oval with the word 'OR' in white is positioned between the two words.


TRUE
OR
FALSE

**TBI IS MORE COMMON THAN
MULTIPLE SCLEROSIS,
SPINAL CORD INJURIES,
HIV/AIDS OR BREAST
CANCER**



TRUE

**1.7 MILLION TBI IN US
EVERY YEAR**

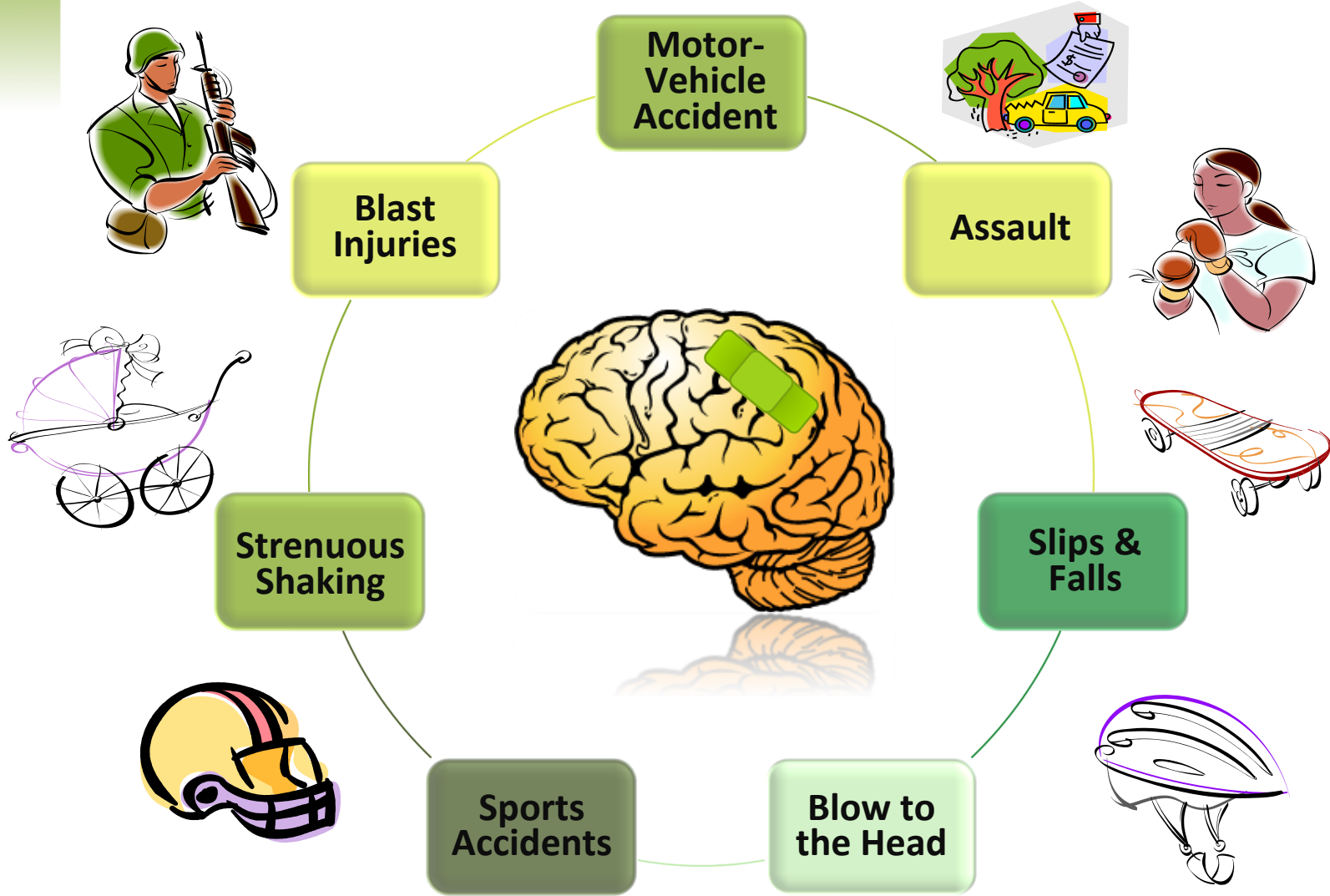


ONE TBI OCCURS IN
THE UNITED STATES
EVERY 15 SECONDS

WHAT IS TBI?

- ➔ Traumatic Brain Injury or TBI is an injury to the head from a blunt or penetrating object.
- ➔ Being dazed (concussion) or knocked out (coma)
- ➔ Loss of memory of events right before or after injury
- ➔ The symptoms of TBI is different for everyone

COMMON CAUSES OF TBI IN YOUTH





3 TIMES MORE LIKELY
TO GET A 2ND TBI



8 TIMES MORE LIKELY
TO GET A 3RD TBI



TRACY'S STORY

TRAUMATIC BRAIN INJURY IN YOUTH

- ➔ **MEMORY DIFFICULTY**
- ➔ **HEADACHES**
- ➔ **FATIGUE**
- ➔ **TROUBLE CONCENTRATING**
- ➔ **EASILY OVERWHELMED**
- ➔ **SOCIAL CUES**
- ➔ **GUM-BALLING**
- ➔ **SELF ESTEEM**
- ➔ **DIFFICULTY PLANNING**



TRUE
OR
FALSE

**TBI AFFECTS
FEMALES MORE
OFTEN THAN MALES.**



FALSE

**MALES ARE TWICE AS
LIKELY TO GET A TBI
THAN FEMALES.**



LIFE WITH TBI

WAYS TBI AFFECT YOUTH'S LIFE

- ➔ Adjusting to life with TBI
- ➔ Challenges with School
- ➔ Social Life

ADJUSTING TO LIFE WITH TBI

➔ Adjusting

- ➔ Grief
- ➔ Denial
- ➔ Depression
- ➔ Anxiety
- ➔ Anger
- ➔ Resentment
- ➔ Loneliness and withdrawal

➔ Healing

- ➔ Learning new life strategies
- ➔ Acceptance of TBI
- ➔ Change paradigm from fastest to most resilient
- ➔ Set new goals
- ➔ Get connected to others

CHALLENGES WITH SCHOOL AND WORK

➔ **Trouble with Memory** ➔ **Slower Processing**

➔ Daily Planner/Checklist

➔ Repetition

➔ Write notes

➔ Tape recorder

➔ Give yourself extra time to complete task or test

➔ **Organizational Skills**

➔ Develop daily routine

➔ Have a place for everything

➔ **Trouble Concentrating**

➔ Focus on one thing at a time

➔ Minimize distractions

➔ Find your productive time

SOCIAL LIFE WITH TBI

➔ Easily Overwhelmed

➔ Catastrophic Reaction

➔ Anger, tears, flight, freezing, confusion, laughter

➔ Reduce Stimulus, Slow down, Underwhelm

➔ Communication

➔ Difficulty understanding social cues and relating to friends or family

➔ Gum-Balling

➔ Private versus public thought

➔ Feedback

➔ Can be perceived as rude or inconsiderate

➔ Use 5 second rule



TAKE ACTION!

WHAT ARE SOME OF THE WAYS
THAT YOU COULD TAKE ACTION
ABOUT TBI?

TAKE ACTION!

➔ What can you do personally?

➔ Wear a helmet!

➔ Drive Safely

➔ Know the symptoms of TBI and notice if someone is acting differently than they used to.

➔ How could you increase awareness?

➔ Talk to your friends, families, teachers and coaches about TBI.

➔ Write an article in the local or school newspaper.