

Brain Injury & Mental Health: A Survivor's Perspective

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Acquired Brain Injury

Non-traumatic Brain Injury

1. Anoxia
2. Infections
3. Strokes
4. Tumors
5. Metabolic Disorders

Open Brain Injury

- Penetrating Injuries
1. Assaults
 2. Falls
 3. Accidents
 4. Abuse
 5. Surgery

Closed Brain Injury

- Internal Injuries
1. Assaults
 2. Falls
 3. Accidents
 4. Abuse

If you've seen one brain injury, you've seen one brain injury.
Every injury is unique.

#BrainInjury101

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Prevalence of ABI

- 1.5 million TBI's occur each year
- 400,000 hospitalizations for pediatric patients with TBI symptoms
- Most often occur in young men, average age of 18-45
- An estimated amount of 5 million individuals living with disabilities as a result of their TBI diagnosis



(Maucieri, 2012)(Osborne Dowdy, 2019)



Prevalence of Mental Health Symptoms Following an ABI

- When providing clinical services to individuals living with a TBI diagnosis, “outcome measures included a 37.1% prevalence of psychiatric disorders and a 62.9% prevalence of impacted social and psychological capabilities” (Gomez-de-Regil et al., 2019)
- Major Depressive episodes are “estimated to occur in 14-29% of individuals following a TBI” (Maucieri, 2012)
- Annemieke Scholten et al., discovered a “high long term prevalence” of anxiety disorders (36%) and depressive disorders (43%)

(Gomez-de-Regil et al., 2019) (Maucieri, 2012) (Scholten et al., 2016)



The Man, The Myth, The Legend...



- I was the responsible, problem-solving, rock of my family
- Part of an MC for 3 years
- Before the accident, never had mental health issues or took medications
- Used to think people were just making excuses for being depressed
- “All American Kid”



Mental Health

- Mood Disorders (Major Depressive Disorder, Bipolar, Seasonal Affective Disorder...)
- Anxiety Disorders (Generalized Anxiety Disorder, Obsessive-Compulsive, Agoraphobia...)
- Personality Disorders (Borderline, Dependent, Narcissistic...)
- Psychotic Disorders (Schizophrenia, Schizoaffective, Delusional...)
- Trauma-Related Disorders (Posttraumatic Stress Disorder, Hoarding, Acute Stress Disorder...)
- Substance Use Disorders
- Eating Disorders

Those with severe and persistent mental illness is indicated in those who experience impairments in functioning in the following areas:

Activities of Daily Living (ADLs), Adaptation to Change, Interpersonal Relationships, Concentration/Task Performance/Pace



BRAIN INJURY

WHAT YOU SEE

- I look fine
- I smile
- I laugh
- I make jokes
- I go out with my friends
- I do well in school

WHAT YOU DON'T SEE

- Fatigue
- Headache
- Difficulty processing
- Memory loss
- Confusion
- Can't concentrate
- Sleep disturbances
- Sensitivity to noise
- Coordination/motor issues
- Personality changes
- Anxiety
- Depression
- Dizziness
- PTSD

T&C One Love Continuum of Collaborative Care

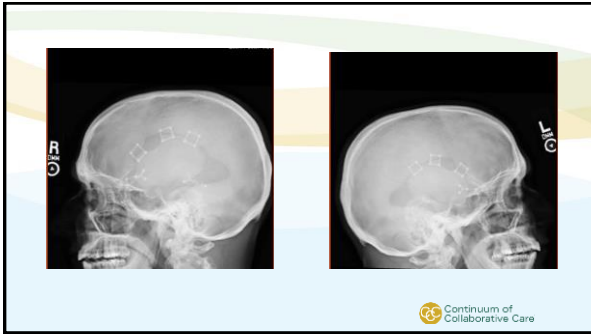
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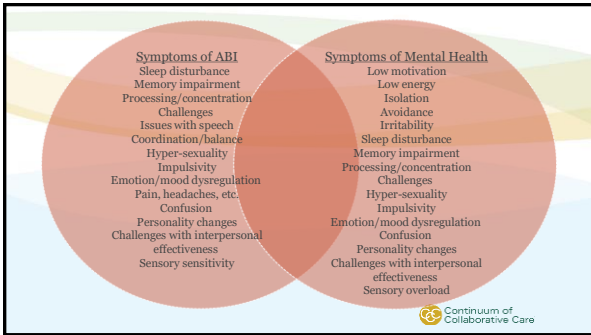
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Continuum of Collaborative Care

April 20, 2018

Continuum of Collaborative Care







Misdiagnosis

According to the *DSM-V-TM Handbook of Differential Diagnosis* the factors to rule out when diagnosing are:

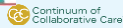
- Malingering and Factitious Disorder
- Pretending to be sick, self-inflicted illness
- Substance Etiology (Including Drugs of Abuse, Medications)
- Disorder Due to a General Medical Condition

Importance of assessing for timeline & onset of symptoms



Continuum of Collaborative Care

To create, support, and coordinate team-based health care, integrating continuity of care efforts for mental, physical, and behavioral health needs



Jake's TBI & Mental Health Journey

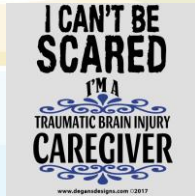


- First year after recovery, there was no aftercare plan
- I had no idea anything was even wrong
- Began escaping through alcohol
- Three suicide attempts in 8 months; hospitalized after the 3rd attempt
- Began services at CLM in January 2019
- OT, PT, Speech, & psychotherapy & medication management



Caregiver Support

- Went from being the caregiver, to being cared for
- Caregivers go through their own trauma
- Not enough resources for caregivers
- TBI changes the lives of everyone around the survivor



 Continuum of Collaborative Care

Let's talk about stigma, baby...

- Recognized and worked through own personal stigmas
- Motorcycle rider with big rings and tattoos
- Importance of first responders and behavioral health professionals understanding presentation of TBI



 Continuum of Collaborative Care

Rapport as a Protective Factor

- Importance of strong understanding between psychotherapist and medication provider
- Contracting for safety
- Authenticity & valuing the relationship
- HONESTY



 Continuum of Collaborative Care



- Meet your client where they are at
 - Person-in-environment
 - Engagement & Rapport
 - Communication
 - ASK QUESTIONS!





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