Brain Injury
Changes Everything
INTERVENTION AND STRATEGIES TO COPE WITH IT
DAN OVERTON – WASHINGTON STATE DEPT. OF VETERANS AFFAIRS
Why brain injury changes everything

- The person with brain injury is 3x more likely to commit a crime.
- Between 60% and 80% of all incarcerated report history of brain injury.
- The person with a brain injury is at higher risk of:
  - Suicide by 300%
  - Substance Abuse by 63%
  - Incarceration by more than 200%
  - Being a victim and/or perpetrator of IPV
Signs and Symptoms of TBI

- Inability to think clearly
- Having trouble remembering
- Concentration difficulties
- Problems retaining new information
- Headaches or dizziness
- Fuzzy or blurred vision
- Nausea or vomiting
- Trouble with balance
- Lack of energy or inexplicable exhaustion
- Irritability
- Unexplained sadness
- Anxiety or nervousness
- Intense emotions
- Dramatic changes in sleep habits
- Difficulty falling asleep.
How does a TBI affect a person’s thinking

- The Wright family story
Flooding occurs after brain injury because the brain's 'filters' no longer work properly. These filters normally allow us to sort through everything that comes into the brain - sounds, sights, touch, smells, movement, questions, problems, demands, etc. - so we can pick out what is important to focus on.
Crisis Intervention and De-escalation

- C.A.F MODEL – Calm, Assess, Facilitate
  - Calm: to decrease the emotional, behavioral, and mental intensity of a situation
  - Assess: to determine the most appropriate response as presented by the facts
  - Facilitate: to promote the most appropriate resolution based on an assessment of the facts presented
Exercise
Bringing it together

- Universal assumption
- Communication is hampered by brain injury
- Expect odd, inconsistent responses to directives.
- Avoid flooding
- Approach assuming fear responses – think C.A.F.
- Watch responses – adjust accordingly.

Questions?
- For more information, referrals, case consultation...kinda anything...please call, write, stop by:
- Daniel Overton MC, LHMC, MC,CBIS
- Washington State Dept of Veterans Affairs
- danielo@dva.wa.gov
- 360-725-2223