

## **Provider Resources for TBI**

*For your convenience in finding behavioral health resources, Missouri Department of Mental Health (DMH) has compiled this list. These links will take you out of the DMH website. DMH neither endorse nor take responsibility for the content of other organization's websites.*

### **Why should a mental health professional learn Traumatic Brain Injury?**

Some of the signs and symptoms related to TBI are similar to mental health issues: rage, sleep disturbance, depression, memory impairment, headaches, substance abuse and anxiety to name a few.

During intake of a new patient, consider screening for mTBI using the 3 Question DVBIC TBI Screening Tool: <https://dvbic.dcoe.mil/system/files/3-Question-Screening-Tool.pdf>

### **Differentiation symptoms of TBI from psychiatric illness.**

There are several symptoms of TBI that may be mistaken as signs of a psychiatric disorder:

<b>Survivors of TBI may display</b>	<b>May be seen as signs of</b>
Anxiety and sadness as they adjust to changes related to their recent TBI	Mood disorder such as clinical depression or anxiety
Changes in expressive/receptive language (e.g., monotone voice or lack of prosody)	Flat affect/Depression/Diminished intelligence
Diminished cognitive, physical or behavioral (e.g., decreased tolerance for frustration) functioning when tired or overstimulated	Depression/Indication of person's optimal ability level
Fluctuations in mood	Manic episode/Bipolar disorder
Diminished tolerance for social interaction or changes in social ability or personality	Depression/Personality disorder
Sleep disturbance or changes in sexual functioning	Depression
Sensory dysfunction (e.g., ringing in ears, blind spots in visual field)	Psychotic/Mood disorder
Changes in speech or diminished physical ability (e.g., hemiparesis or decreased balance)	Alcohol/Substance use disorder
Apathy or diminished motivation and initiation ability	Depression
Changes in aspects of attention (e.g., divided attention)	Attention deficit disorder
Verbal/behavioral impulsivity	Suicidal or homicidal ideation/Mood disorder/Attention deficit disorder

Want to learn more about the military culture? MO DMH Veterans Services has partnered with PsychArmor to offer the Healthcare Provider Certificate at no cost. To register  
<http://bit.ly/HealthcareProviderCert>

**Defense and Veterans Brain Injury Center** is a part of the U.S. military health system. This site offers concussion/mTBI fact sheets, TBI basics, case management resources, online education and more.

<https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Research-and-Development/Traumatic-Brain-Injury-Center-of-Excellence/Provider-Resources>

The **Center for Deployment Psychology** is a resource for health providers who are interested in gaining competency in working with individuals (military or civilian) who have sustained a TBI. The site describes TBI, offers online course (both free for no CEs and a fee to earn CEs), publications and related links

[www.deploymentpsych.org/disorders/tbi-main](http://www.deploymentpsych.org/disorders/tbi-main)

The **Brain Injury Association of Missouri (BIA-MO)** works to reduce the incidence of brain injury; to promote acceptance, independence, productivity of persons with brain injury; and to support their families. Brain injury facts, resources, educational opportunities and more can be found on their web site. [www.biamo.org/about-brain-injury/](http://www.biamo.org/about-brain-injury/)

The Veterans Affairs **Community Provider Toolkit** features key tools to support the mental health services you provide to Veterans. You can find information on connecting with VA, understanding military culture and experience, as well as tools for working with a variety of mental health conditions.

<http://www.mentalhealth.va.gov/communityproviders/>

The Department of Defense (DoD) has made it a priority for health professionals to implement evidence-based **Clinical Practice Guidelines (CPGs)** to improve and standardize the quality of care provided to its beneficiaries. CPGs contain recommendations based on evidence from a systematic review and synthesis of published medical literature. If carefully followed and implemented under the right circumstances, CPGs can further benefit health professionals by:

- Offering clear recommendations for practitioners who are uncertain about how to proceed.
- Providing a more rational basis for referral.
- Promoting efficient use of resources.
- Providing authoritative recommendations that reassure practitioners about the appropriateness of their treatment decisions.
- Improving the consistency of care.

To view the VA/DoD CPG on Management of Concussion/mild Traumatic Brain Injury visit:

[www.healthquality.va.gov/guidelines/rehab/mtbi/](http://www.healthquality.va.gov/guidelines/rehab/mtbi/)

