



The Veteran client and TBI - What they want you to know to help them succeed

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A quick quiz

How many veterans utilize the VA for behavioral health services?

▶ < 40%

▶ > 80%

▶ About 65%

▶ < 40%

How many vets who request SUD tx also have PTSD

▶ 1 in 30

▶ 1 in 20

▶ 1 in 3

▶ 1 in 3

In studies of people engaged in SUD tx, how many report a prior TBI?

▶ 36%

▶ 48%

▶ 63%

▶ 63%

How many vets returning from OEF/OIF have sustained a head injury?

▶ 1 in every 50

▶ 1 in every 20

▶ 1 in every 5

▶ 1 in every 5

Just a few more...After a TBI, the risk for a second injury is..

- ▶ 3 times greater
 - ▶ The Same as before
 - ▶ Less than before
- ▶ 3 times greater

After a second TBI, the risk for a third is

▶ 8 times greater

▶ 4 times as great

▶ 2 times as great

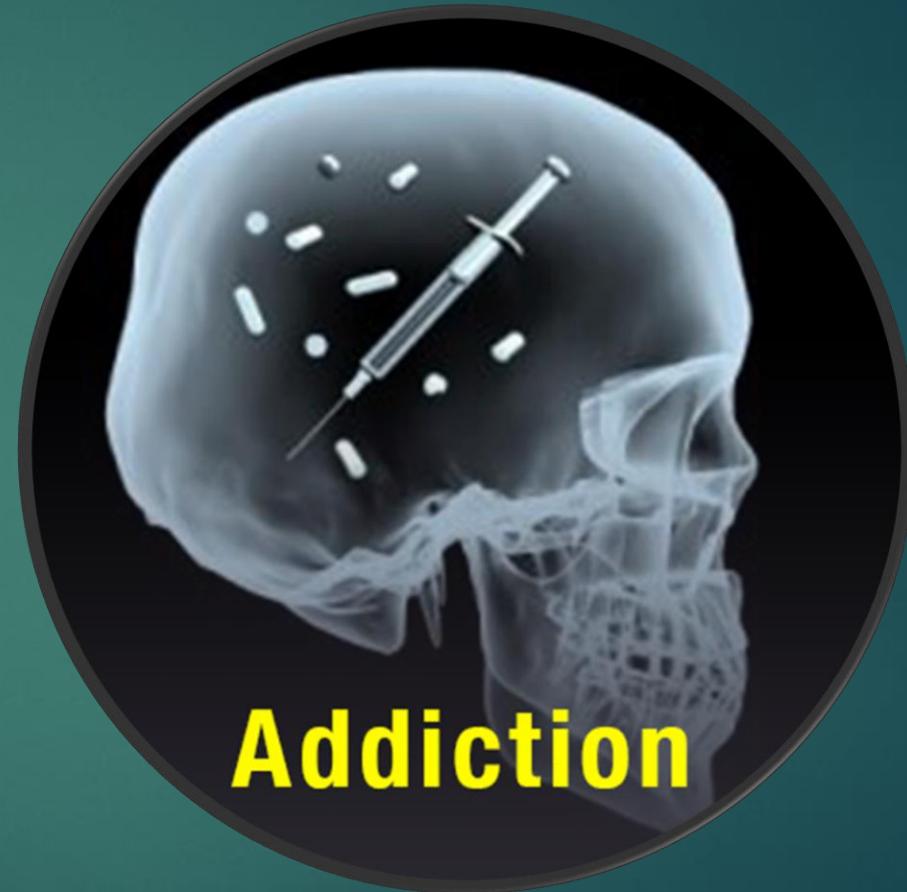
▶ 8 times greater

In one study the CDC reports the most common cause of TBI in the US is:

- ▶ Car accidents
- ▶ Falls while intoxicated
- ▶ Sports injuries
- ▶ Falls while intoxicated

Co-occurring disorders “live” in the brain — A quick overview

- ▶ The “W”s of neural nets
- ▶ Nets, addictions and behavioral health
- ▶ Nets and vets
- ▶ The complications of TBI
- ▶ Recognizing/evaluating
- ▶ Treatment options/ideas
- ▶ Resources



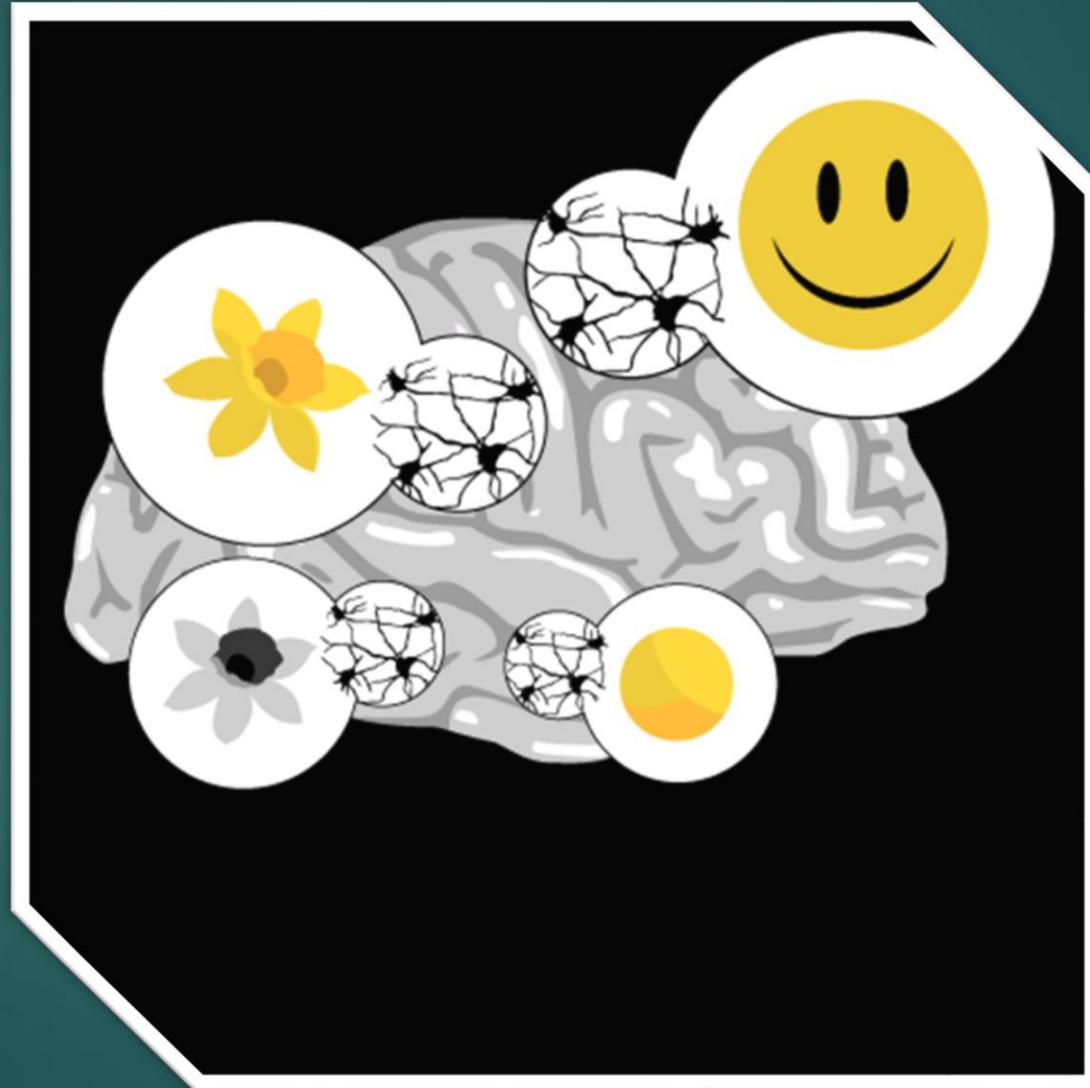
What fires together, wires together -

Donald Hebb (Hebbian theory)



The “W”s of neural nets

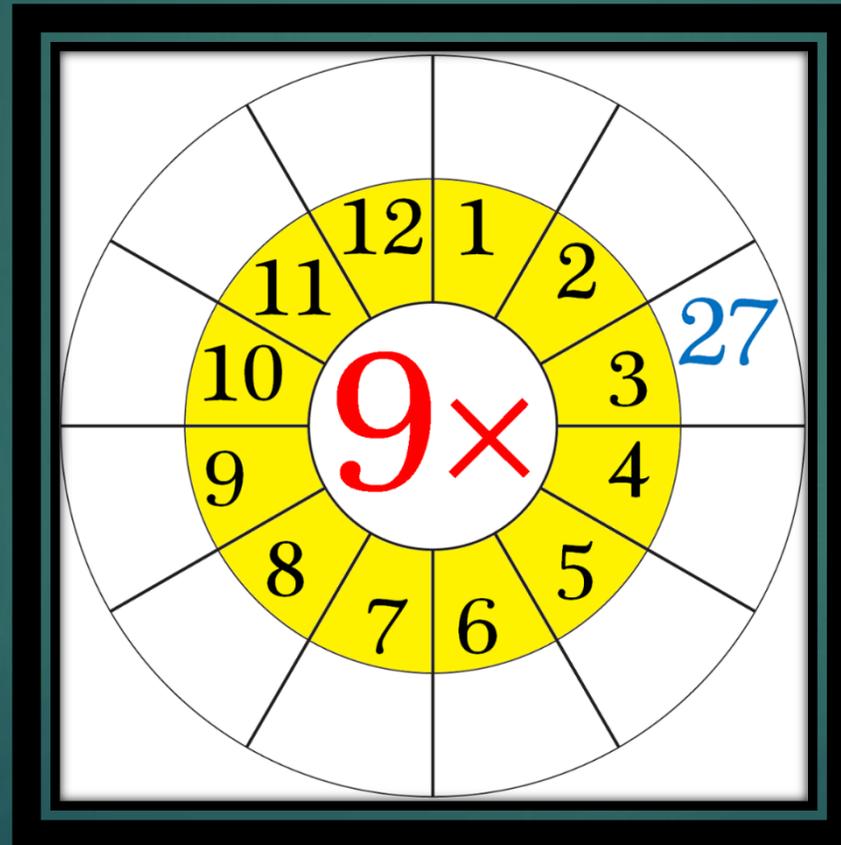
(A brief refresher)



Think of any number from 1 to 10.



When you have it, multiply it by 9.



If it is a two-digit number, add them together.

$$\blacktriangleright \mathbf{23} - \mathbf{2+3=5}$$

Now, subtract 5 from the number in your head.

Subtraction
to 5

Name _____



▶ Now, think of the letter in the alphabet that corresponds with the number you are thinking about.

▶ For instance, if you are thinking of the number “ONE” it would be “A”. Number “TWO” would be “B”. “THREE” is “C” and so on.

▶ Do you have a letter in your head?

Now, think of a country in Europe that starts with the letter you are thinking of



- ▶ Spell the name of that country in your head.
- ▶ Think about the second letter in that country's name...

Quickly, think of an mammal whose name begins with that letter.



▶ Now, think of that animal's color...

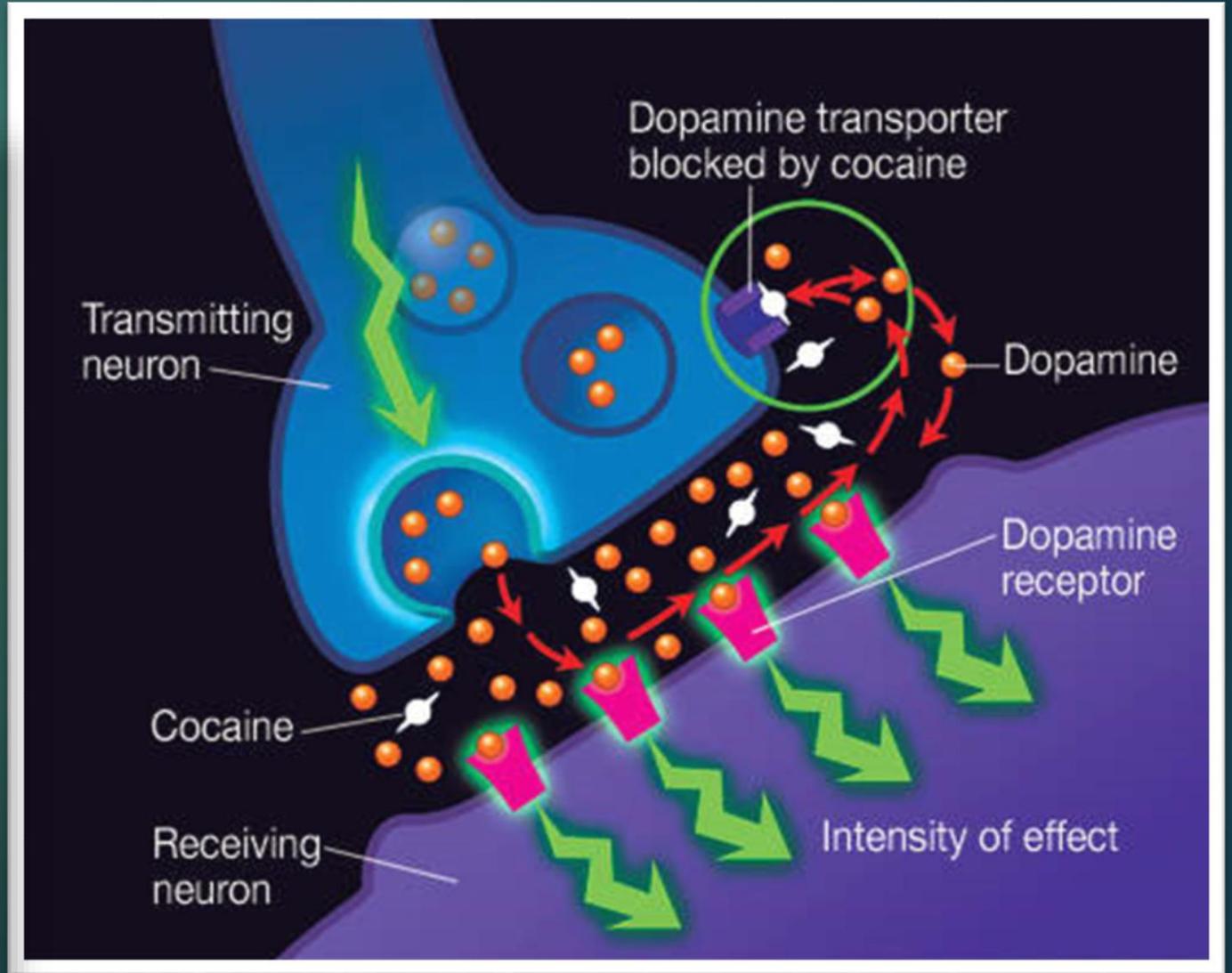
Now I will attempt to read your mind!!!



Nets, addictions and behavioral health



Nets and addiction



Nets and vets- A few examples...

- ▶ "Battlemind skills helped you survive in combat, (but may cause you problems if not adapted when you get home)."



Nets and vets

- ▶ In Combat (the net):
 - ▶ No one understands your experience except your buddies who were there.
 - ▶ Your life depended on your trust in your unit.
- ▶ At home:
 - ▶ You may prefer to be with your battle buddies rather than your spouse, family or friends.
 - ▶ You may assume that only those who were there with you in combat understand or are interested.
 - ▶ You may avoid speaking about yourself to friends and family

Nets and vets

- ▶ In Combat (the net):
 - ▶ Survival depends on being aware of your surroundings at all times and reacting immediately to sudden changes such as sniper fire or mortar attacks.
- ▶ At home:
 - ▶ You may feel keyed up or anxious in large groups or situations where you feel confined.
 - ▶ You may be easily startled, especially when you hear loud noises.
 - ▶ You may have difficulty sleeping or have nightmares.

Nets and vets

- ▶ In Combat (the net):
 - ▶ Controlling your emotions during combat is critical for mission success and quickly becomes second nature.
- ▶ At home:
 - ▶ Failing to display emotions around family and friends will hurt your relationships. You may be seen as detached and uncaring.

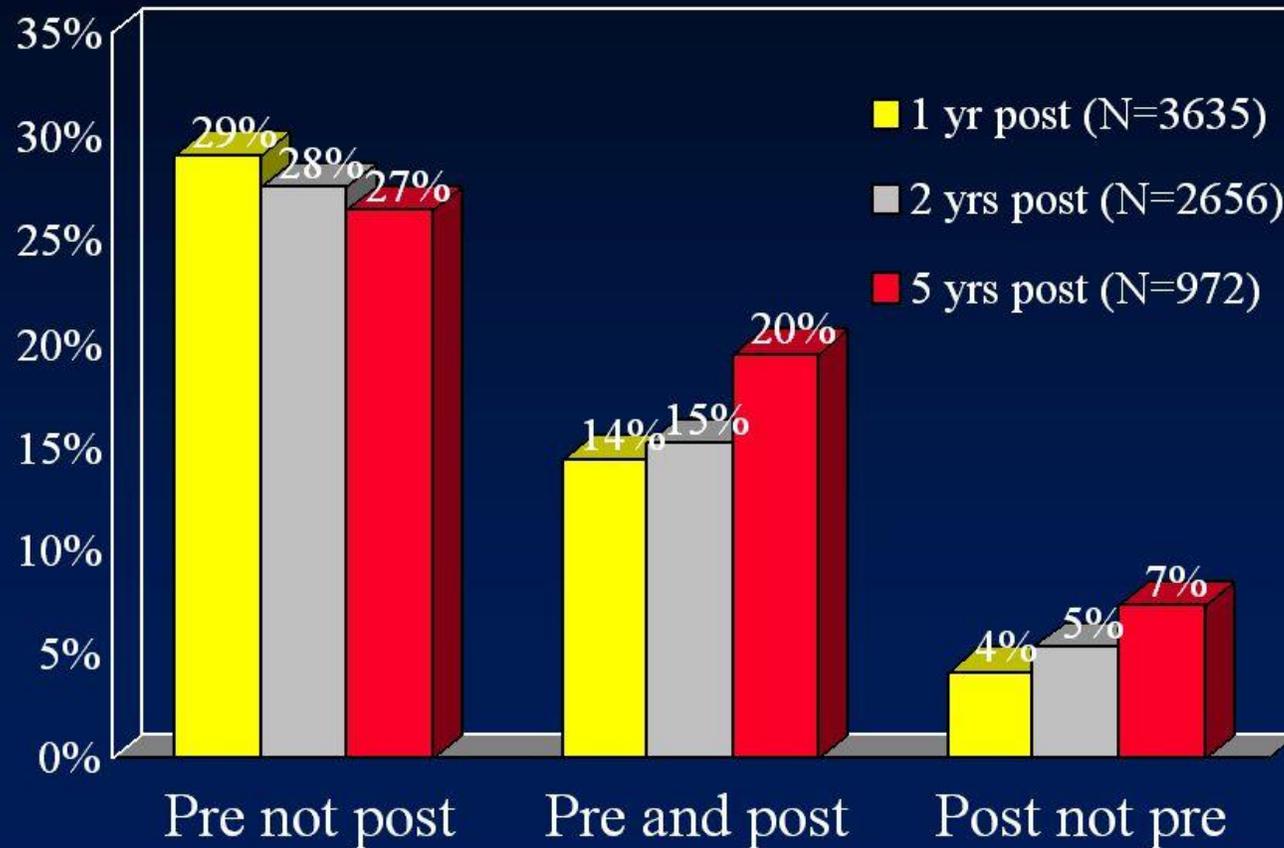
Combat experiences reported by soldiers and marines after deployment to Iraq (2002-2003)

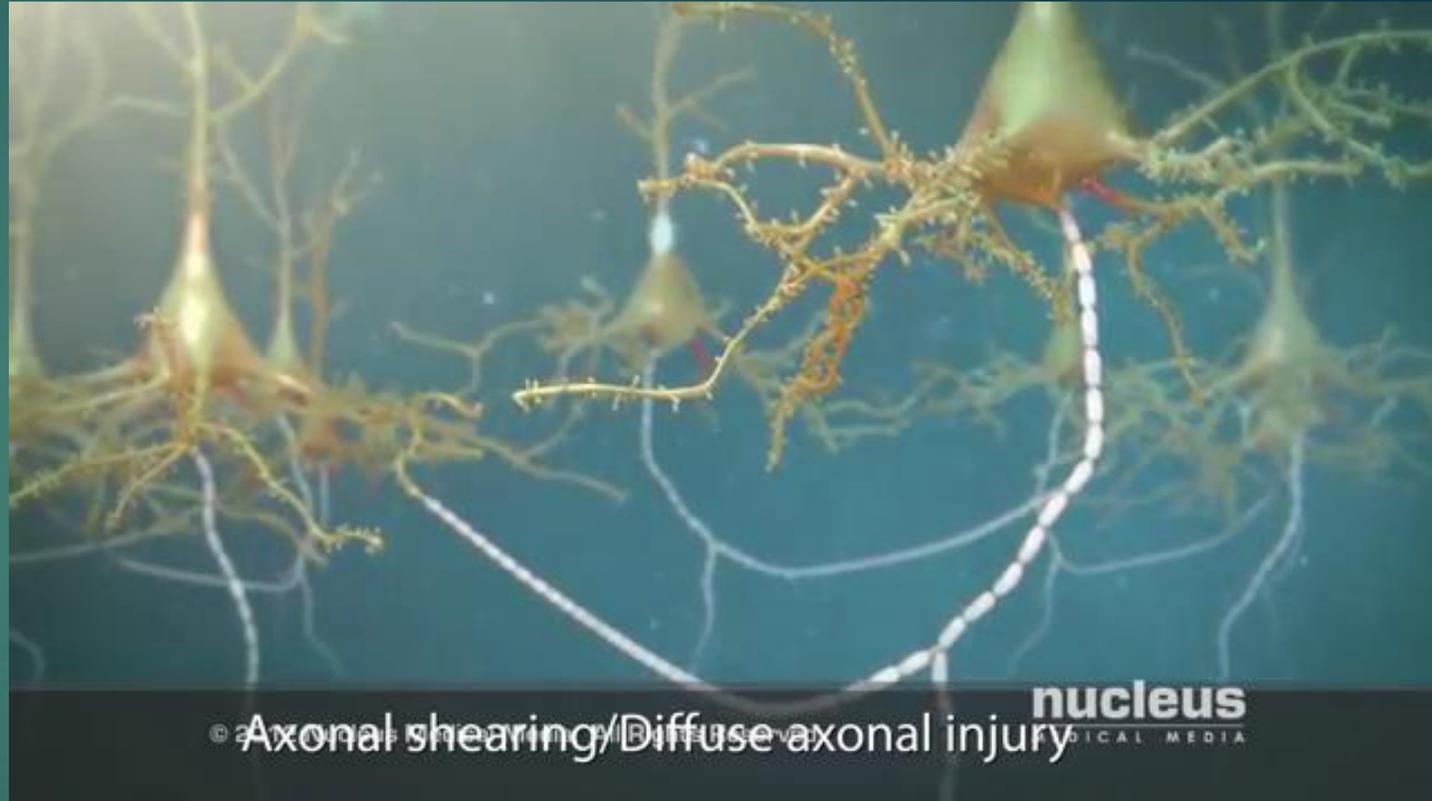
Experience	▶ Army -- Marines	
▶ Being attacked or ambushed	▶ 89%	95%
▶ Receiving incoming rocket or mortar fire	▶ 86%	92%
▶ Being shot at or receiving small arms fire	▶ 93%	97%
▶ Being responsible for the death of a noncombatant	▶ 14%	28%
▶ Seeing dead bodies or human remains	▶ 95%	94%
▶ Handling or uncovering human remains	▶ 50%	57%
▶ Seeing ill or injured women or children whom you were unable to help	▶ 69%	83%

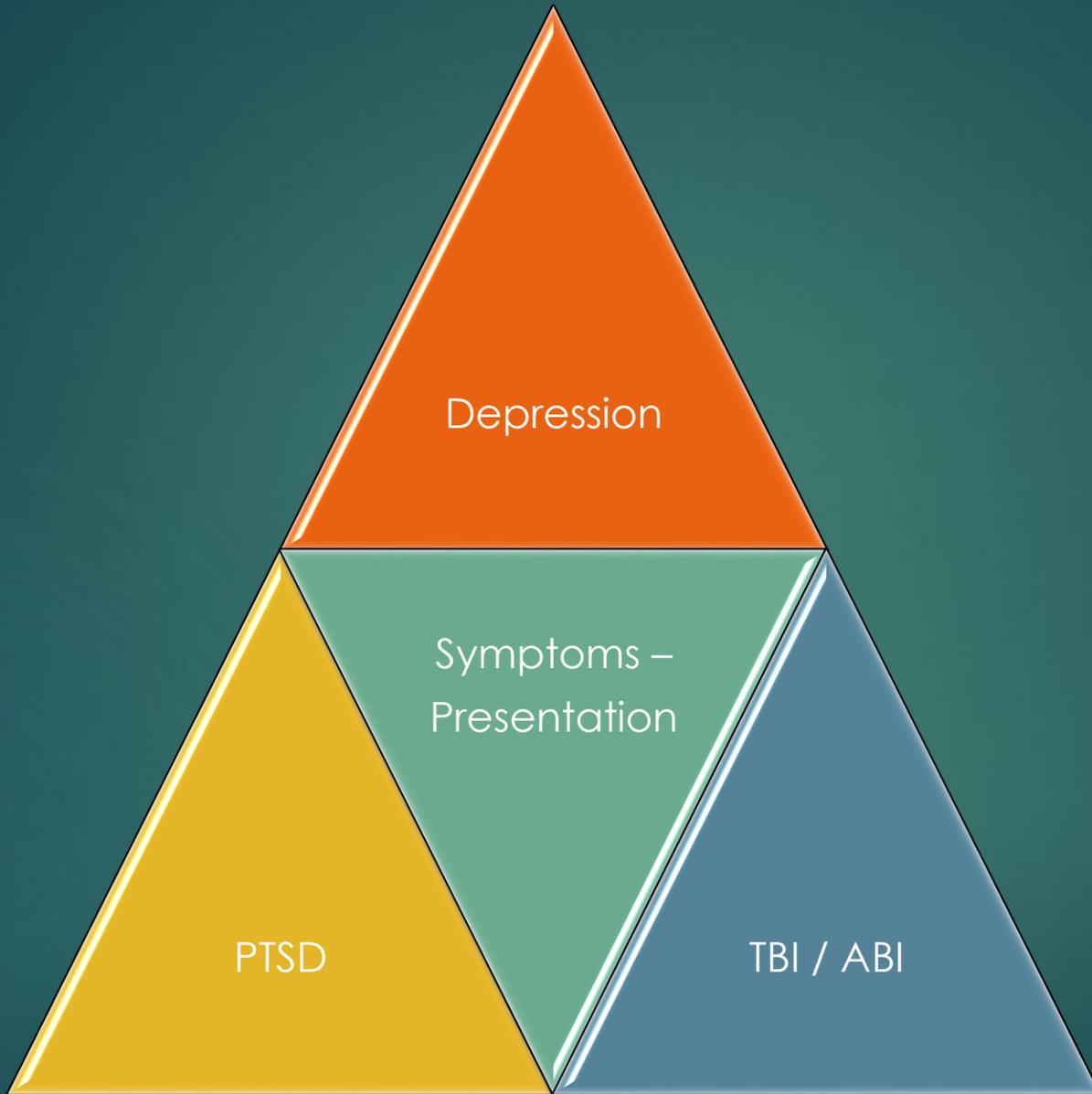
What implications can this have on group work?

1 in 5 The complications of TBI

Problem Substance Use Before and After Moderate and Severe TBI







Sadness, guilt,
hopelessness

Irritability

Loss of Interest in
typically pleasurable
activities

Sleep Disturbances

Anxiety, agitation,
restlessness

Tiredness, feelings of
inertia

Trouble
concentrating,
making decisions,
with memory

Fatigue

Unexplained
physical problems



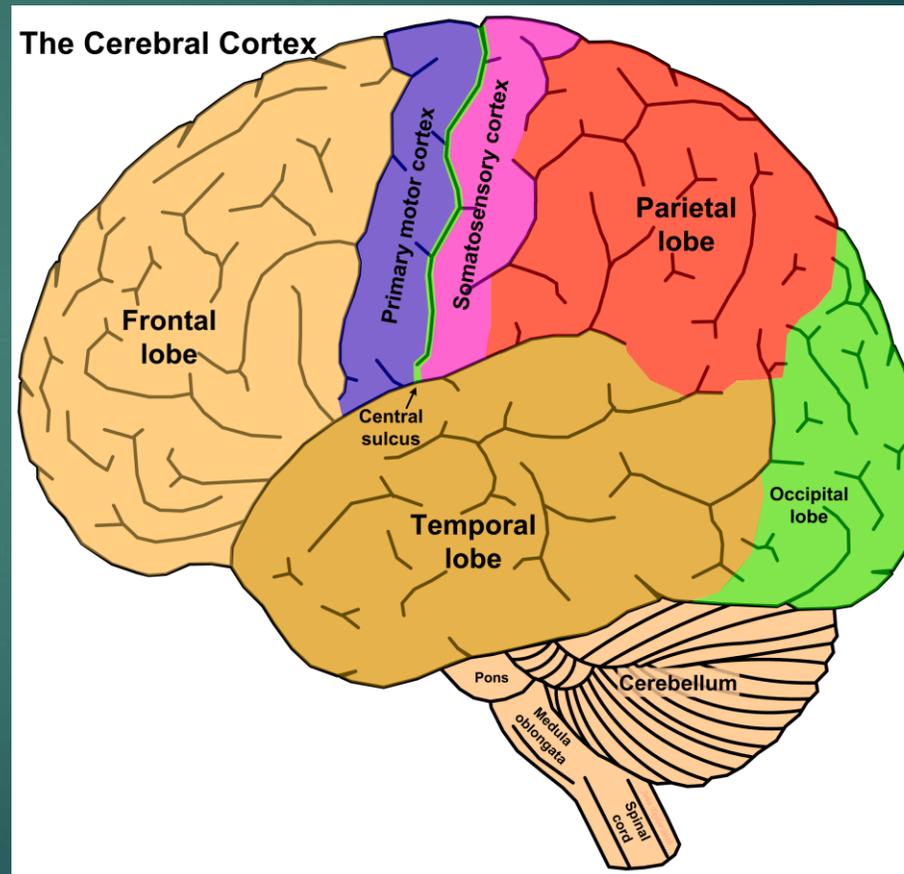
SINKHOLE

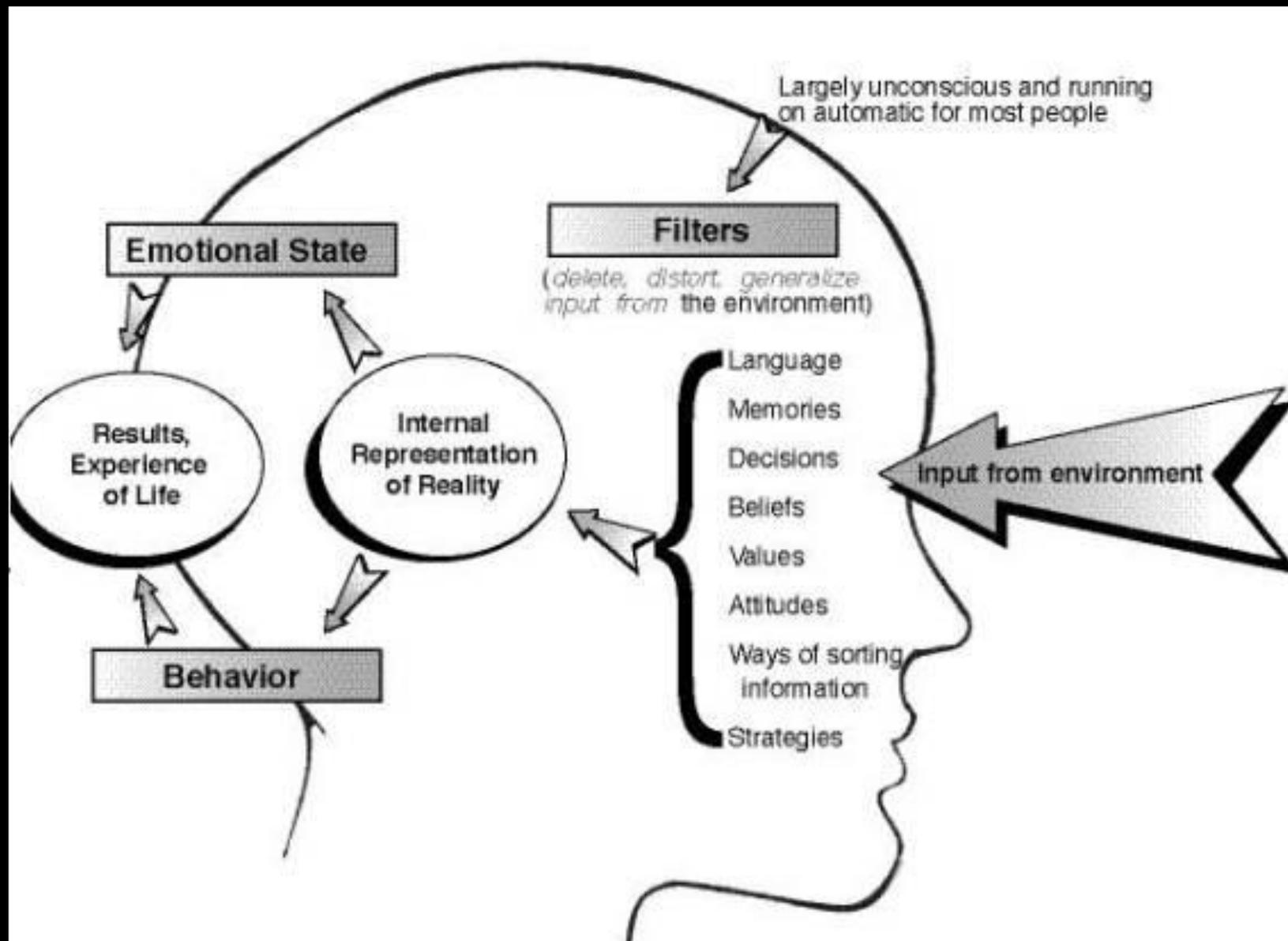
Avon Park, Florida

+27° 35' 52.48", -81° 29' 48.78"

Implications from complications:

- ▶ ?
- ▶ Higher risk of relapse
- ▶ Difficulty in group setting
- ▶ Difficulty following multiple tasks
- ▶ Difficulty with abstract thinking
- ▶ Can use emotions as excuses





Recognizing/evaluating AKA Diagnose VS. ?



Screeners TBI Support

H - Have you ever Hit your head or been Hit on the Head, or Have you been exposed to a blast or a violent pressure change?

Yes

No

See Examples +

E - Were you ever seen in the Emergency room or hospital, or by a doctor or any medical personnel, because of an injury to your head?

Yes

No

See Examples +

L - Did you ever Lose consciousness or experience a period of being dazed and confused because of an injury to your head?

Home Relax Play Resources Community

Screeners TBI Support

Poor problem solving

Difficulty performing your job/school work

Change in relationships with others

Poor judgment (being fired from job, arrests, fights)

I have not experienced any of these problems since hitting my head or exposure to a blast/change in pressure

S - Can you recall any significant Sicknesses that may have injured your brain?

Yes

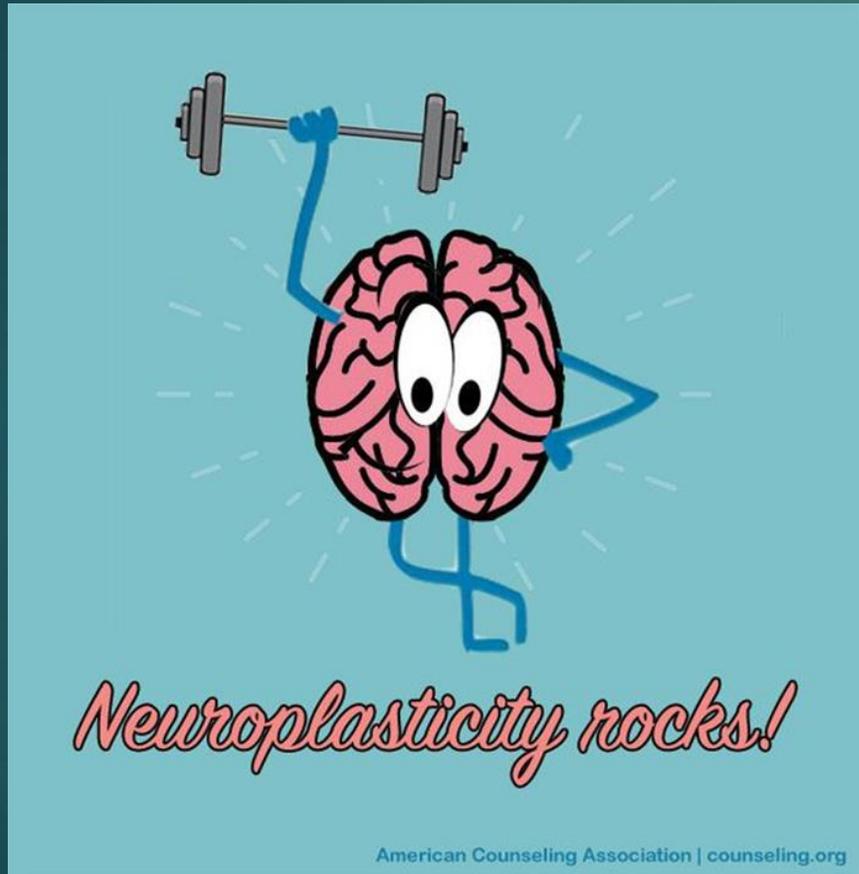
No

See Examples +

Finish

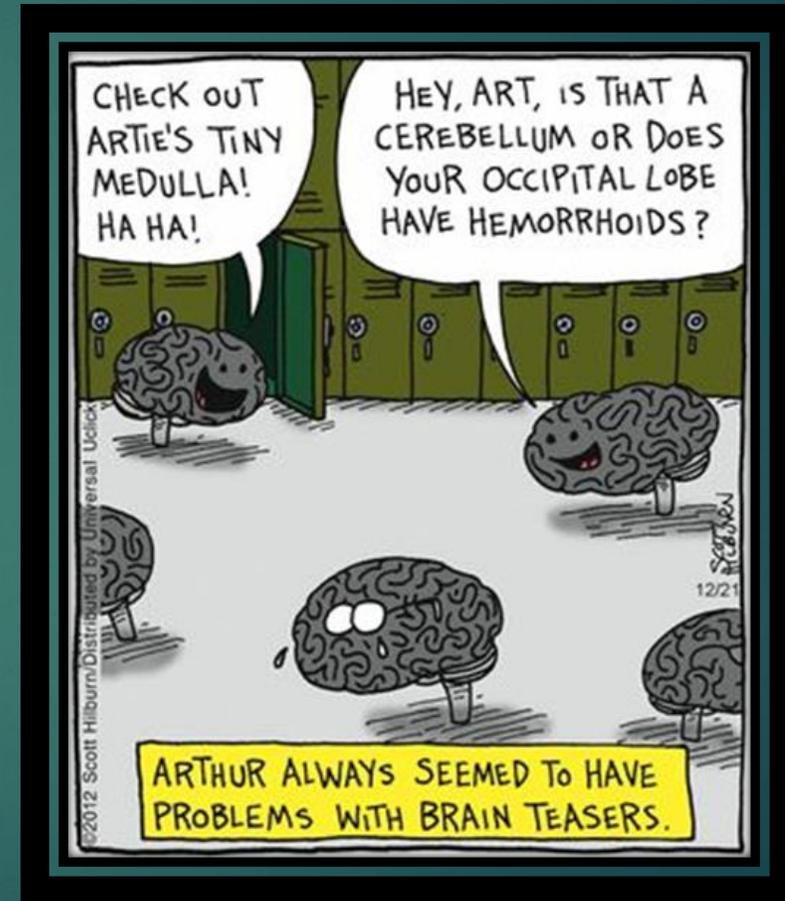
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Treatment options/ideas

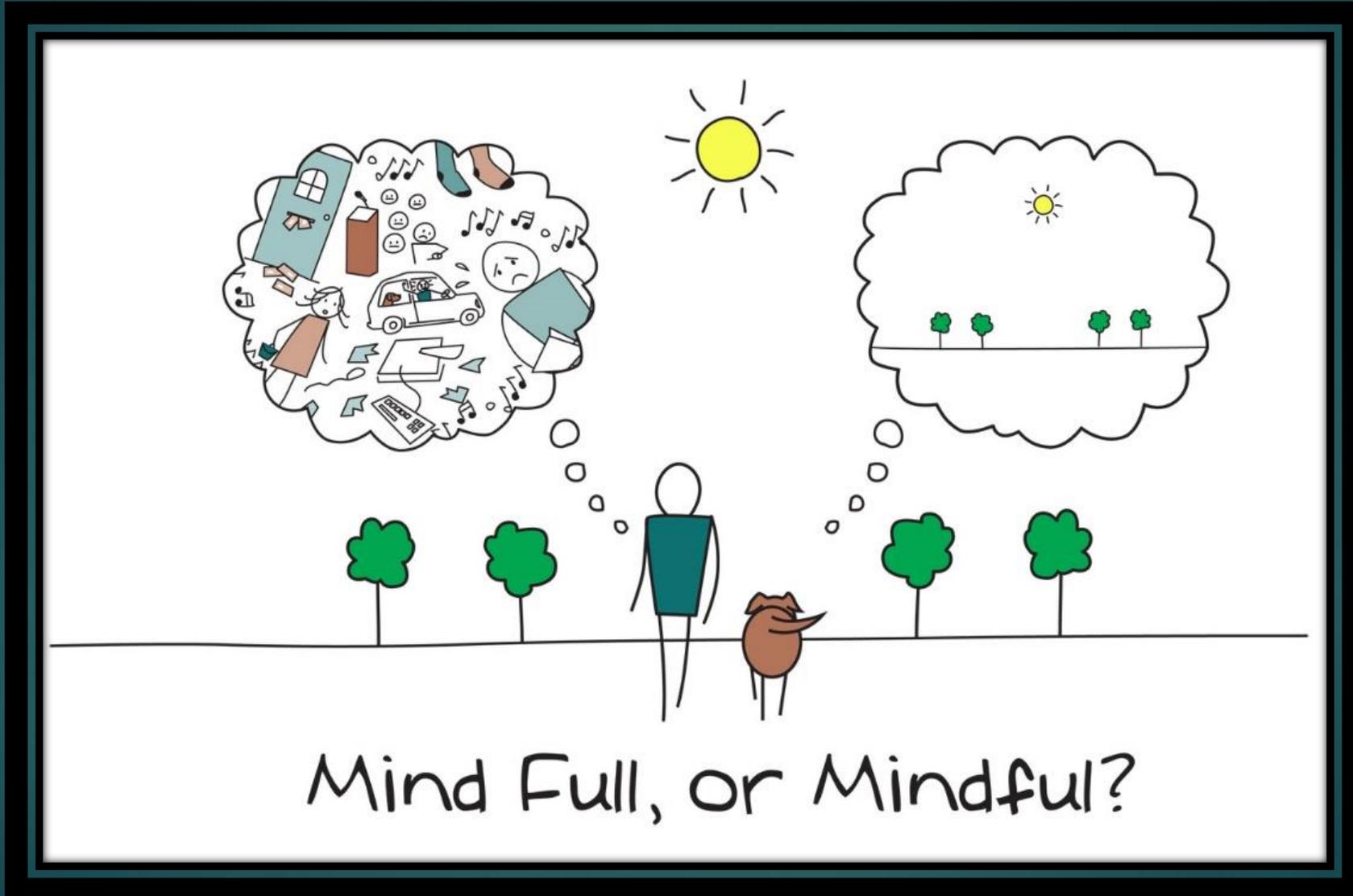


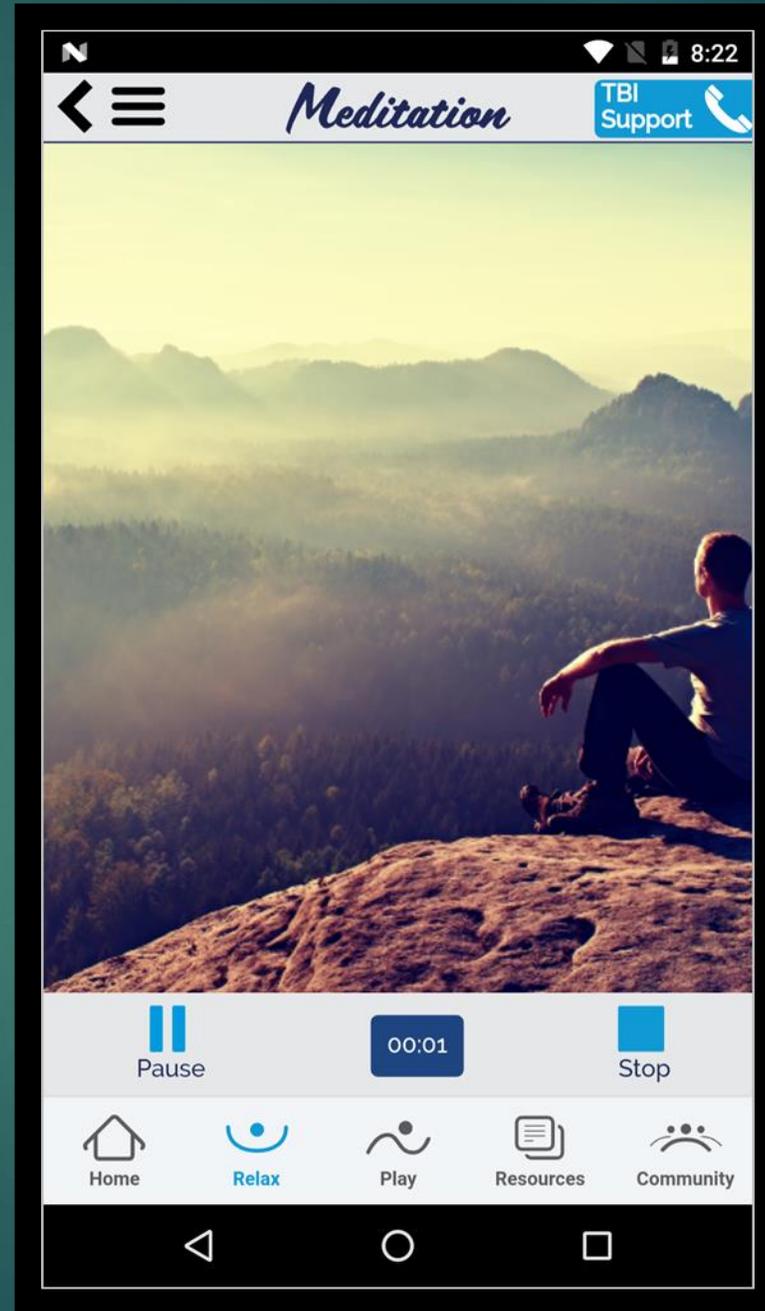
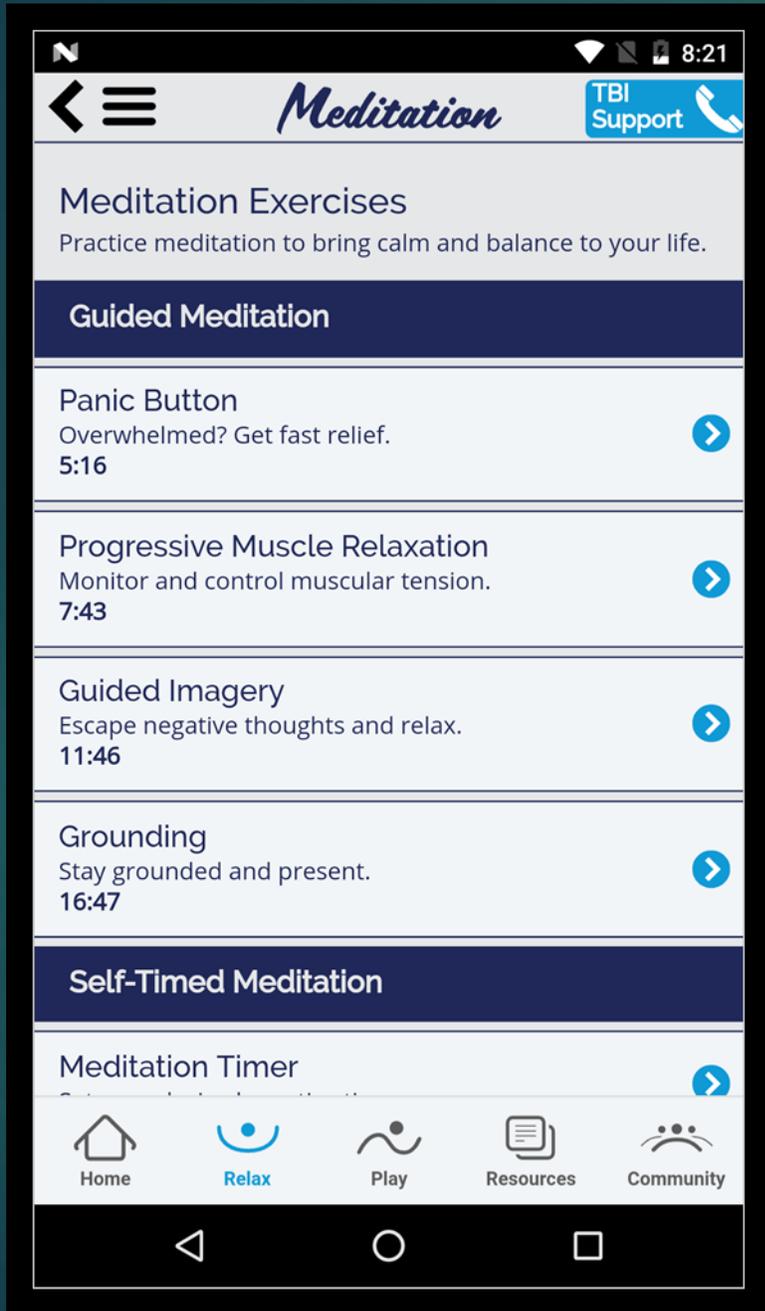
Treatment options/ideas

- ▶ Do's
 - ▶ Increase self awareness
 - ▶ Identify symptoms and look for patterns
 - ▶ Work with psychiatry
 - ▶ Educate the care giver(s)
- ▶ Don'ts
 - ▶ Energy drinks
 - ▶ AOD (Should go w/o saying but...)
 - ▶ Extended strong stimuli
 - ▶ Fluorescent lights



Treatment options/ideas





Wrap up!

- ▶ Resources:
 - ▶ Me!
 - ▶ Max!
 - ▶ Brain Injury Alliance of Washington
 - ▶ Brain Energy Support Team: BEST
 - ▶ Brainline.org
 - ▶ Defense and Veterans Brain Injury Center (DVBIC)
- ▶ Questions!?

