



FREE ONLINE COURSES ON TRAUMATIC BRAIN INJURY

The NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services has collaborated with the Brain Injury Association of North Carolina to offer [free online training courses](#) on traumatic brain injury (TBI). A TBI is a blow or jolt to the head from an external force. Most commonly these injuries occur from slips and falls, motor vehicle accidents, struck by/against events, or waves of energy emanating from an explosion.

TBIs are classified as mild, moderate, or severe. The long-term consequences are uniquely individual. Symptoms may include, changes in appetite and nausea, fatigue, sleep disorders, dizziness, problems with balance, mood changes, maintaining socially appropriate etiquette/behavior, anxiety, irritability, difficulty controlling anger, depression, memory problems, changes in vision, headache, tinnitus, seizures, and chronic pain (typically back and/or neck). Individuals with positive TBI screens are more likely to have post-traumatic stress disorder (PTSD), substance use disorders and challenges.

The following five courses were developed and are currently available for free:

- 1) ***Cognitive and Behavioral Consequences of TBI in Adults***: Describes TBI in the adult and geriatric populations and consists of four modules. It also describe the cognitive effects of adult TBI, Discuss post-TBI cognitive recovery and the psychological effects and the effects on family functioning.
- 2) ***Pediatric Traumatic Brain Injury***: This course focuses on TBI in children and adolescents and consists of four modules that address the following:
Pediatric TBI, including an overview of prevalence and predictors of outcomes and the common needs of the children with brain injuries and how cognitive effects may affect academic performance. Focus on psychosocial and psychiatric effects and how they may affect needs and explains social consequences and how they may affect family and social relationships.
- 3) ***Primary Care and Traumatic Brain Injury***: Aimed at primary care physicians and other healthcare professionals, it provides information on TBI diagnosis and treatment as well as the brain injury continuum of care. Through this module, medical providers will facilitate more effective access to supports by families, which will enable an improved quality of life and greater community participation.
- 4) ***Public Service and TBI in North Carolina***: Targeted at providers in the public system (e.g., Local Management Entities/Managed Care Organizations, educators, behavioral healthcare providers, social service and vocational rehabilitation professionals), this course is an overview of brain injury and how public sector providers may assist.
- 5) ***Substance Use and Traumatic Brain Injury***: This course targets professionals working with individuals with traumatic brain injury and co-occurring substance use. It consists of five modules: How problematic substance use relates to brain injury, how to discuss risks of substance use after brain injury with consumers and how to screen for problematic substance use integrated treatment Models of care for co-occurring brain injury and substance use and three case studies