



## Navigating Transition from School with a Brain Injury/ Concussion

### What should I know about brain injury/concussion and my teen?

The Centers for Disease Control reports that in 2012, an estimated 329,290 children (age 19 or younger) were treated in U.S. Emergency Departments for sports and recreation-related injuries that included a diagnosis of concussion or Traumatic Brain Injury. **A concussion is a brain injury**, this statistic does not include children who do not report their concussion or are seen and treated by their primary physician or other specialist due to a concussion or mild brain injury.

Brain Injury presents a spectrum of disorder. Not every brain injury is the same and students with a brain injury are unlikely to achieve optimal outcomes without appropriate support. To learn more about brain injury and the unique supports that many of these students need view our Educator's Guide on our website [www.biav.net](http://www.biav.net).



As these students prepare to transition out of school services there are recommended practices for transition. This is a model for planning, organizing, and evaluating transition education services and programs. The Center on Brain Injury Research and Training, [www.cbirt.org](http://www.cbirt.org) looked at these recommended practices and created a Transition Toolkit for Students with a Traumatic Brain Injury. The toolkit assists families and transition staff to recognize the unique challenges a student with a brain injury may have and how to address and work through the transition process with these students.

If a student plans to pursue post-secondary education they may not realize how their executive functions may be affected. Executive functions include skills such as paying attention and staying on task, impulse control and goal setting just to name a few. A Disability Specialist at the school the student plans to attend can assist with supports or accommodations available to students in higher education.

If a student has an Individual Education Plan (IEP), a 504 plan or may need accommodations for employment The Division of Rehabilitative Services (DRS). DRS is part of the Department of Aging and Rehabilitative Services and offers vocational rehabilitation services for people with a disability as they prepare to find or keep a job. These activities can include career exploration, counseling, vocational evaluation and assessments, job development and placement, post-secondary education, on the job training and supported employment. These activities should be part of a developed plan to prepare the student for leaving high school to go to work. The process can begin as early as 14. View the DRS Transition Guide for more details about this process. If a student was injured prior to their 21<sup>st</sup> birthday and has a lifelong disability as a result they may qualify for a Medicaid waiver that can also provide supports and services.



Virginia does have state-funded brain Injury service providers in certain areas of the state. These services may include case management services where a case manager assists with identifying needs, support and resources and develops an individualized goal driven plan with the client.

There are 5 Clubhouse programs in Virginia where individuals with a brain injury attend as members and work on skills such as meal preparation, communications, vocational and life skills. Two day programs specifically for individuals with a brain injury are also available to learn what is available in your area, view the state funded programs on our website [www.biav.net](http://www.biav.net) search: "Find a Community Resource."

### **Where can I get help?**

**Brain Injury Association of Virginia** 1.800.444.6443 - Connect to information and resources via telephone or Chat [www.biav.net](http://www.biav.net)



1506 Willow Lawn Drive, Suite 212 Richmond, VA 23230 [www.biav.net](http://www.biav.net) 800-444-6443

This project is supported [in part] through state general funds (Contract #16-002A) administered by the Virginia Department for Aging and Rehabilitative Services (DARS).