

Virginia Brain Injury Fact Sheet

When Cindy* and her son Josh* were hit by a semi-truck, their family's world was turned upside down. Josh sustained a severe brain injury, which required Cindy to be his primary caregiver. During Josh's recovery, Cindy noticed how isolating the experience was and turned to the Brain Injury Association of Virginia (BIAV) for guidance on how to better navigate their new reality. Cindy and Josh both received **Neuroresource Facilitation services from BIAV**, and through that process, were referred to **The Bridgeline**, a local clubhouse for persons with brain injury. The experience also led to Josh attending BIAV's Camp Bruce McCoy, a two-week recreational program for persons with brain injury. During his tenure at Camp Bruce McCoy, Josh has transformed from being wheelchair bound to now walking long distances without any device assistance. Even more inspiring is that Josh went on to graduate from college with a degree in IT. **By utilizing the state-funded programs in Virginia, both Cindy and Josh accessed people and resources they likely would not have found otherwise.**

Between 2010 and 2014, there were **7,481 TBI deaths** and **25,224 TBI hospitalizations in Virginia**, with numbers trending upwards; it is the **number one reported cause of injury death** in Virginia¹. Based on US Census numbers, CDC estimates of prevalence², and the 2015 Virginia Department of Health Behavioral Risk Factor Surveillance Survey³, **nearly 300,000 Virginians live with a disability as a result of a TBI or stroke.**

Causes of Brain Injury

Traumatic	Non-Traumatic
Falls	Stroke
Vehicular accidents	Infection
Sports accidents	Aneurysm
Assault (shaken, abuse)	Seizure Disorder
Gunshot/stabbing	Metabolic (e.g. liver, kidney disease)
Military actions	Toxic exposure (e.g. opioids)
	Brain tumor

*Names have been changed

1 VDH Office of Family Health Services and Injury and Violence Prevention, 2017. Traumatic Brain Injury in Virginia: Data and Trends. http://www.vdh.virginia.gov/content/uploads/sites/40/2017/01/TBI_DataBrief_-January2017.pdf

2 Zaloshnja E1, Miller T, Langlois JA, Selassie AW. (2008) J Head Trauma Rehabil. Prevalence of long- term disability from traumatic brain injury in the civilian population of the United States, 2005. Nov-Dec; 23(6):394-400.

3 VDH Division of Population Health Data, Behavioral Risk Factor Surveillance Survey, 2015

State-Funded Programs in Virginia

Resource Coordination

Provides outreach to people recently hospitalized in Virginia for brain injury; information and referral, consultation and technical assistance services to persons with brain injury, family caregivers and professionals. The Brain Injury Association of Virginia is the sole provider, and covers the entire state.

Case Management

Serves adults, children, and families affected by brain injury; identifies needs, supports, and resources; works with client to develop an individualized, goal driven service plan.

Providers include:

- Eggleston Services (adult)
- Brain Injury Connections of the Shenandoah Valley (adult, pediatric)
- Brain Injury Services (adult, pediatric)
- Community Brain Injury Services (adult)
- Brain Injury Services of SWVA (adult, pediatric)
- No Limits Eastern Shore (adult)
- The BridgeLine (adult)
- Virginia Supportive Housing (adult residential)

Community-Based Clubhouse and Day Programs

“Stand alone” programs offering work-related and social activities in a supportive environment.

Providers include:

- ADAPT (clubhouse)
- Beacon House (clubhouse)
- Brain Injury Services Fredericksburg (day program)
- BrideLine Place (clubhouse)
- Denbigh House (clubhouse)
- Mill House (clubhouse)
- No Limits Eastern Shore (day program)