






## Supporting the Brain Injury and Substance Use Communities

An Acquired Brain Injury (ABI) is an injury to the brain that has occurred after birth and is not hereditary or congenital. Traumatic Brain Injury (TBI) is the most common type of brain injury and involves external force to the head. Bay Staters sustain over **67,000** TBIs each year, often challenged by co-occurring Substance Use-related Disorders (SUD). The “Bridges Between” project will increase awareness of all brain injuries (BI) because the relationship between substance use/misuse and brain injury is complex and circular.

 **30-50%** of people who sustained a TBI were intoxicated with alcohol when injured, and **one-third** were under the influence of prescription or illicit drugs.

 There were **111,362** SUD admissions and **52,869** individuals enrolled in SUD treatment programs between July 2016 and 2017. Substance use/misuse puts individuals at risk of sustaining other types of ABI such as anoxic/hypoxic injuries (total or partial loss of oxygen to the brain), secondary to non-fatal overdoses.

 **25%** of the individuals discharged from acute care hospitals statewide with TBI also had a concurrent diagnosis of chronic drug and/or alcohol use and/or acute drug overdose in 2015.

The Massachusetts Rehabilitation Commission (MRC) is helping state residents with BI that may also experience SUD through the delivery of trainings highlighting the intersection of BI and SUD. MRC promotes BI screening and prioritizes person-centered planning for professionals. MRC is piloting a short-term SUD-BI Intensive Case Management service that incorporates person-centered principles to maximize consumer choice for finding services.

### Training Providers about SUD and BI

MRC, the Brain Injury Association of MA and the MA Department of Public Health’s Bureau of Substance Use and Addiction have partnered to provide several levels of training to clinical and non-clinical providers that address needs of people experiencing co-occurring BI and substance use conditions. An intensive multi-day Train-the-Trainer program equipped **100** masters-level clinicians to serve as MRC trainers. The clinicians came from both the BI and SUD treatment community.



Massachusetts plans to cross-train **500** Clinical professionals in screening for BI, perform SUD risk assessments, respond to a positive BI screen, implement accommodations for cognitive deficits and foster collaboration across multiple service delivery systems.



Massachusetts also plans to train **500** non-clinical staff about SUD and BI. The audience for these trainings includes first responders, service navigators, homecare agencies, independent living centers, day programs staff, Elder service agency staff and people with lived experiences working as Recovery Coaches.

*MRC is also educating managers and executives in BI and SUD organizations*

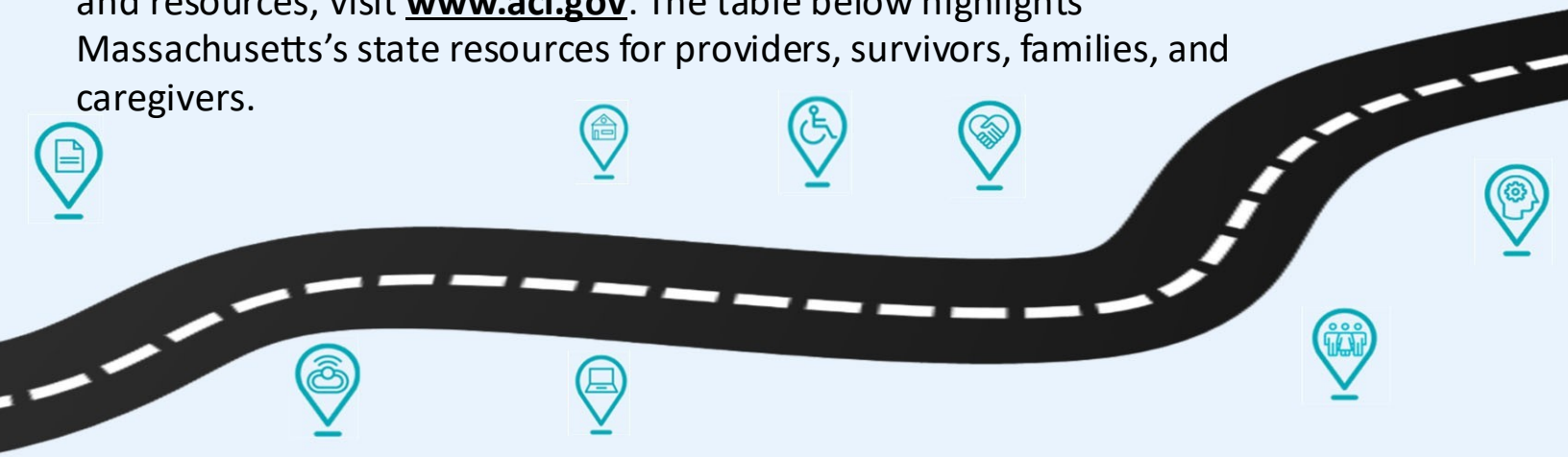
### Person-Centered Planning

MRC uses person-centered planning (PCP) to maximize consumer choice for those with co-occurring BI and SUD. Professionals following the PCP model work directly with the individual and their family to create an effective treatment/service plan. This includes discovery, the process of gathering information from the person’s life; personal preferences; quality of life and values; future goals; and an action plan to help the person achieve their goals.



# The Road to Resources

There are many resources for people who have sustained a BI, their families and caregivers. To find out more about nationwide programs and resources, visit [www.acl.gov](http://www.acl.gov). The table below highlights Massachusetts's state resources for providers, survivors, families, and caregivers.



## Resources for the BI Community



### **Statewide Head Injury Program (SHIP)**

State-funded services for BIs  
Phone: (617) 204-3852 or TTY: (617) 204-3817



### **Acquired Brain Injury (ABI) and Moving Forward Plan (MFP) Waivers**

Eligibility requirements for several brain injury waivers  
Phone: (855) 499-5109  
TTY: (800) 596-1746



### **Vocational Rehabilitation Services**

Obtaining and retaining employment  
Phone: (617) 204-3600



### **Home Care Assistance Program**

Eligibility for homemaking services for individuals under 60 years old  
Phone: (617) 204-3853



### **Brain Injury Association of MA**

Brain injury services, support groups, education, and advocacy opportunities  
Phone: (508) 475-0032  
Toll-free: 1 (800) 242-0030



### **The Brain Injury Commission**

Advocacy for Acquired Brain Injuries services in the State



### **Upcoming Project: Advisory Board**

Advocacy opportunities for TBI stakeholders



### **Upcoming Project: Trauma Registry**

Database of TBI survivors used to track TBI incidence and perform outreach

Please contact the MRC at **(617) 204-3600** or visit [MRC Connect](http://MRCConnect) for more information.