

# TBI Recovery and Prevention Resources

Each year, roughly 2.4 million people in the United States sustain a traumatic brain injury (TBI). TBI survivors face a difficult road to recovery, which can involve physical and occupational therapy, medication, and mental health treatment. Explore the resources below to learn about improvements in care and ways to reduce the risk for TBI.



## RECOVERING FROM TRAUMATIC BRAIN INJURY

After suffering a severe brain injury, Russell Erickson of Clarkston, GA experienced attention, sleep, memory, and speech issues. Learn how doctors successfully used the brain's regenerative capacity to accelerate the healing process in this "Your Fantastic Mind" segment.

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## MY SHEPHERD CONNECTION

This podcast discusses My Shepherd Connection, an online resource devoted to brain injury-related topics for patients, caregivers, and families.

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## TBI REHABILITATION FOR LATINX YOUTH

Dr. Nathalia Jimenez studies traumatic brain injury outcomes in vulnerable pediatric populations at Seattle Children's Hospital. In this webinar, she highlights the role of schools and other support systems in rehabilitation after TBI for Latinx children and adolescents.

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## CDC HEADS UP

Serious brain injury affects all aspects of daily life, including relationships and the ability to complete household chores. Learn how to recognize, respond to, and minimize the risk of concussion and other brain injury among children and teens.

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## HEALTH DISPARITIES AND TBI

Reducing health disparities is important for preventing TBI and lowering the chance for long-term effects. Get the facts about TBI-related deaths and improving access to care for groups most at risk.

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### ADDITIONAL RESOURCES

[Brain Injury Association of Georgia "About Brain Injury"](#)  
[Brain and Spinal Injury Trust Fund Commission "Facts about TBI"](#)  
[Shepherd Center "Brain Injury"](#)