



Michigan Traumatic Brain Injury Services and Prevention Council

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CONCUSSION INFORMATION AND RESOURCES

The Michigan Traumatic Brain Injury (TBI) Services and Prevention Council is reaching out to School Principals, teachers, athletic directors, coaches and staff. We want you to share with families, coaches and athletes, some very good resources available from the U.S. Centers for Disease Control and Prevention (CDC). These materials may help you, parents/families and athletes **identify signs of brain injury—including concussions – and take steps to prevent permanent brain damage to young athletes.** The National Football League has recently adopted new policies and protocols with the same outcomes in mind.

Below is a brief summary of basic information about concussions and taking action that everyone should know. Also find links to important documents designed for certain groups that we hope you will share with your coaches, families, and athletes. You may **order free copies of all the documents from the CDC** using the links below. If you have questions about concussion or brain injury resources and services in Michigan, visit our website at www.biami.org.

What is a concussion?

A concussion is a brain injury that is caused by a bump, blow or jolt to the head and can:

- change the way the brain normally works
- range from mild to severe
- occur during practices or games in any sport
- happen even if the person has not been knocked out
- be serious - even for someone who has just been “dinged” or had his/her “bell rung”

An untreated injury to the brain, even a mild one, can dramatically change a young person’s course of life.

A second injury to the brain, with no time for recovery and treatment, can lead to long-term disability in an athlete.

Take action if you think a young athlete has a concussion!

- **Seek medical attention at once.** Consult a healthcare professional who will be able to determine the seriousness of the injury and if and when it is safe for the athlete to return to the game.
- **Keep injured athlete(s) out of play.** Concussion takes time to heal. Make sure a healthcare professional examines the athlete and says that it is OK for him/her to return to the game.

What are the symptoms of a concussion?

- Balance problems or dizziness
- Double or fuzzy vision

Blue Cross/Blue Shield of Michigan ♦ Brain Injury Association of Michigan ♦ Detroit-Wayne Community Mental Health Agency ♦ Hope Network Rehabilitation Services ♦ Marquette General Hospital ♦ Little Traverse Bay Band of Odawa Indians ♦ MI Disability Rights Coalition ♦ Michigan Department of Community Health ♦ Michigan Department of Education ♦ Michigan Department of Human Services ♦ Michigan Protection & Advocacy Services ♦ Michigan Public Health Institute ♦ Oakland Schools Special Education ♦ Persons with TBI and family members ♦ Petoskey Schools ♦ Southeastern Michigan Traumatic Brain Injury System ♦ Southwest Counseling and Development Services ♦ Special Tree Rehabilitation System, Inc. ♦ Spectrum Continuing Care ♦ Upper Peninsula Commission for Area Progress Services, Inc. ♦ Washtenaw County Community Supports and Treatment Services

- Sensitivity to light or noise
- Headache
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems (forgetting game plays)
- Confusion

Note that these signs and symptoms can appear immediately after an injury or may surface days or weeks after an injury.

For more information, please see the website of the Michigan Department of Community Health (MDCH) Traumatic Brain Injury (TBI) Project at: www.Michigan.gov/tbi. The TBI Services and Prevention Council members were appointed by the MDCH Director, Janet Olszewski, to advise public agencies on how to improve public services for Michigan residents with Traumatic Brain Injury. We hope you will find this information useful and that you will share it widely.

Sincerely,



Michael F. Dabbs
 Chairperson, MDCH Traumatic Brain Injury Services and Prevention Council
 President, Brain Injury Association of Michigan

Primary Link for concussions in young athletes at the Centers for Disease Control and Prevention, available: <http://www.cdc.gov/ConcussionInYouthSports/default.htm>.

- **a fact sheet for coaches on concussion:**
http://www.cdc.gov/ConcussionInYouthSports/images/coaches_Eng.pdf
- **a fact sheet for athletes on concussion:**
http://www.cdc.gov/ConcussionInYouthSports/images/athletes_Eng.pdf
- **a fact sheet for parents on concussion:**
http://www.cdc.gov/ConcussionInYouthSports/images/parents_Eng.pdf
- **a clipboard with concussion facts for coaches:**
http://www.cdc.gov/ConcussionInYouthSports/images/clipboard_Eng.pdf
- **a magnet with concussion facts for coaches and parents:**
http://www.cdc.gov/ConcussionInYouthSports/images/magnet_Eng.pdf
- **a poster with concussion facts for coaches and sports administrators:**
http://www.cdc.gov/ConcussionInYouthSports/images/poster_Eng.pdf and
- **a quiz for coaches, athletes, and parents to test their concussion knowledge**
http://www.cdc.gov/ConcussionInYouthSports/images/quiz_Eng.pdf