

CLASSICAL MUSIC

Uplifting



HalidonMusic

Straight Talk for thinking Straight

Brain Injury and it's impact on Intimate Partner Violence

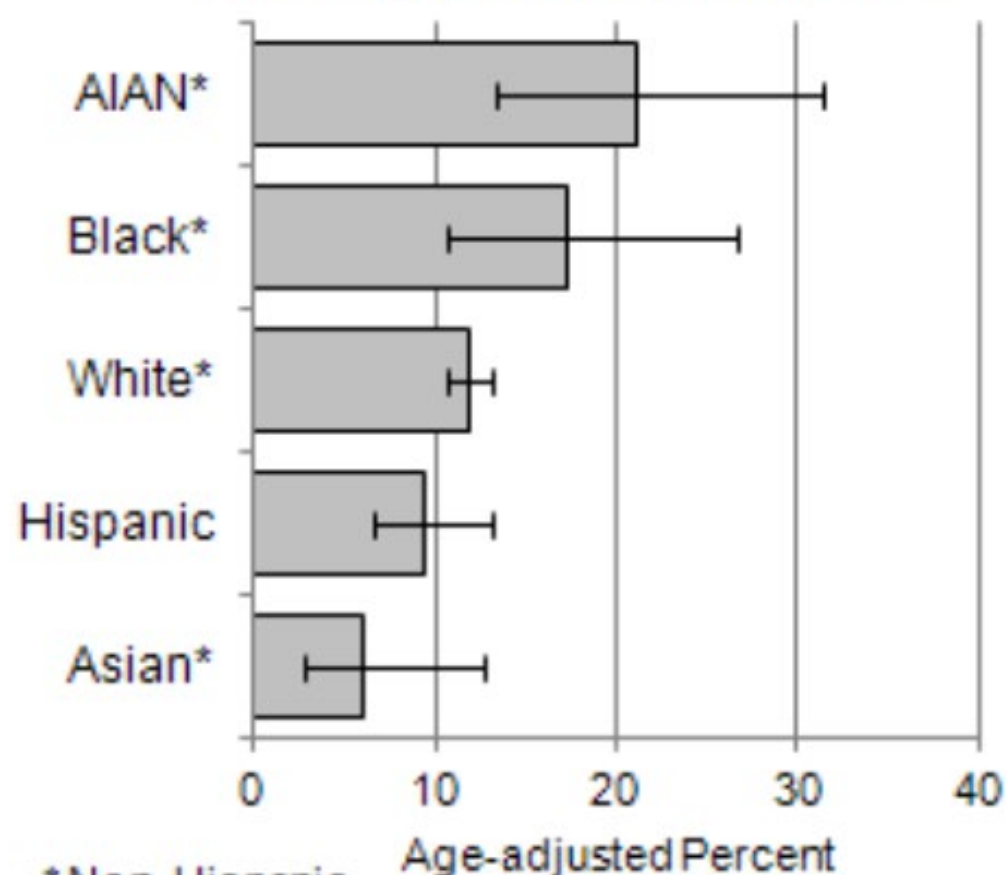
Daniel Overton – MC, LMHC

YOU ARE ON NATIVE LAND



HONOR. ACKNOWLEDGE. HEAL.

**Injured by Partner During Lifetime
Race and Hispanic Origin
Washington State BRFSS, 2011**



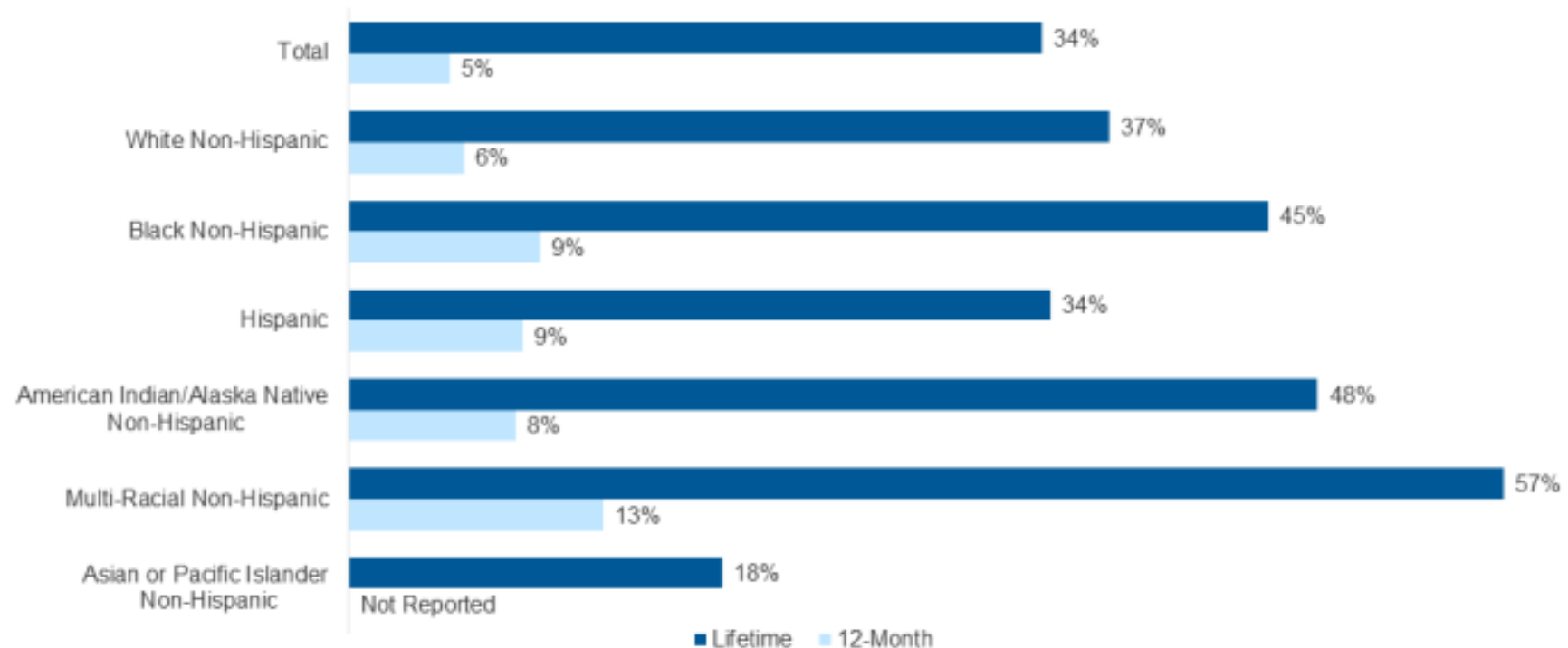
* Non-Hispanic

AIAN: American Indian/Alaska Native

There were too few Native Hawaiian/Other
Pacific Islander women to analyze

Figure 2

Multi-Racial Non-Hispanic and Black Non-Hispanic Women report the highest lifetime and 12-month prevalence of IPV



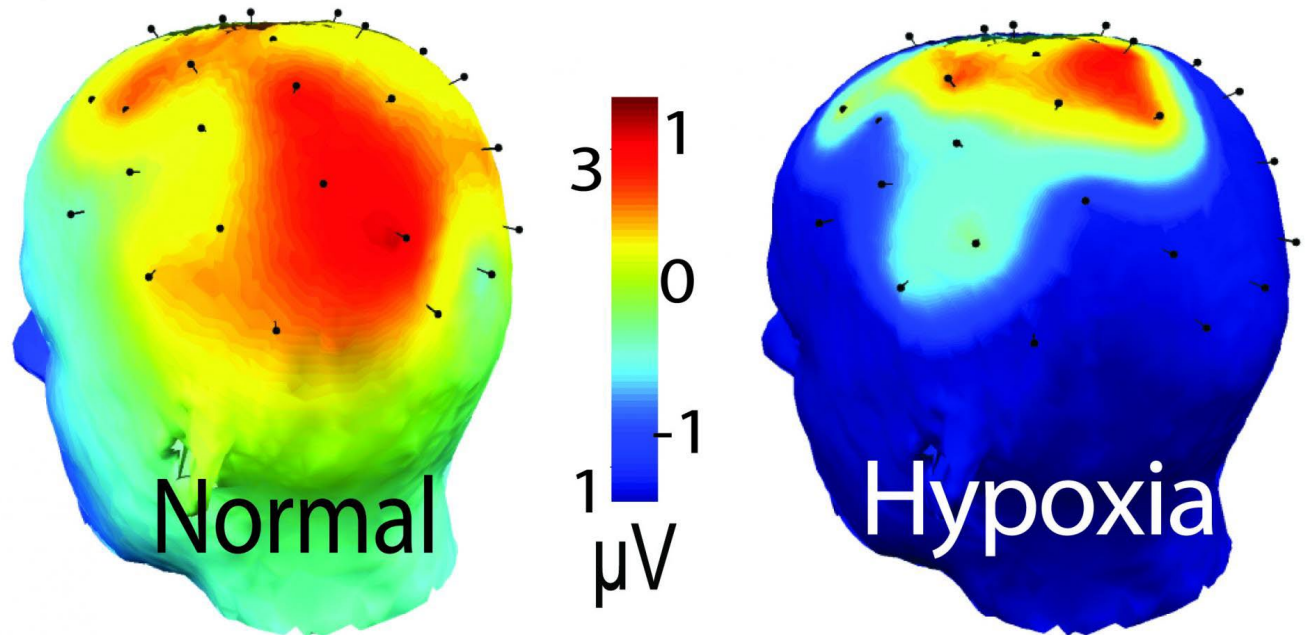
NOTES: 12-Month Prevalence of IPV not reported for Asian or Pacific Islander, Non-Hispanic group.

SOURCE: CDC. National Intimate Partner and Sexual Violence Survey: 2010-2012 State Report, April 2017

A brain injury can result from:

- Choking
 - Hypoxia (oxygen deprivation to the brain)

Oxygen is Good for Your Brain, Hypoxia Is Not



(Addante, R.J. et al., 2012, *Neuropsychologia*)

Being pushed down or into a solid object

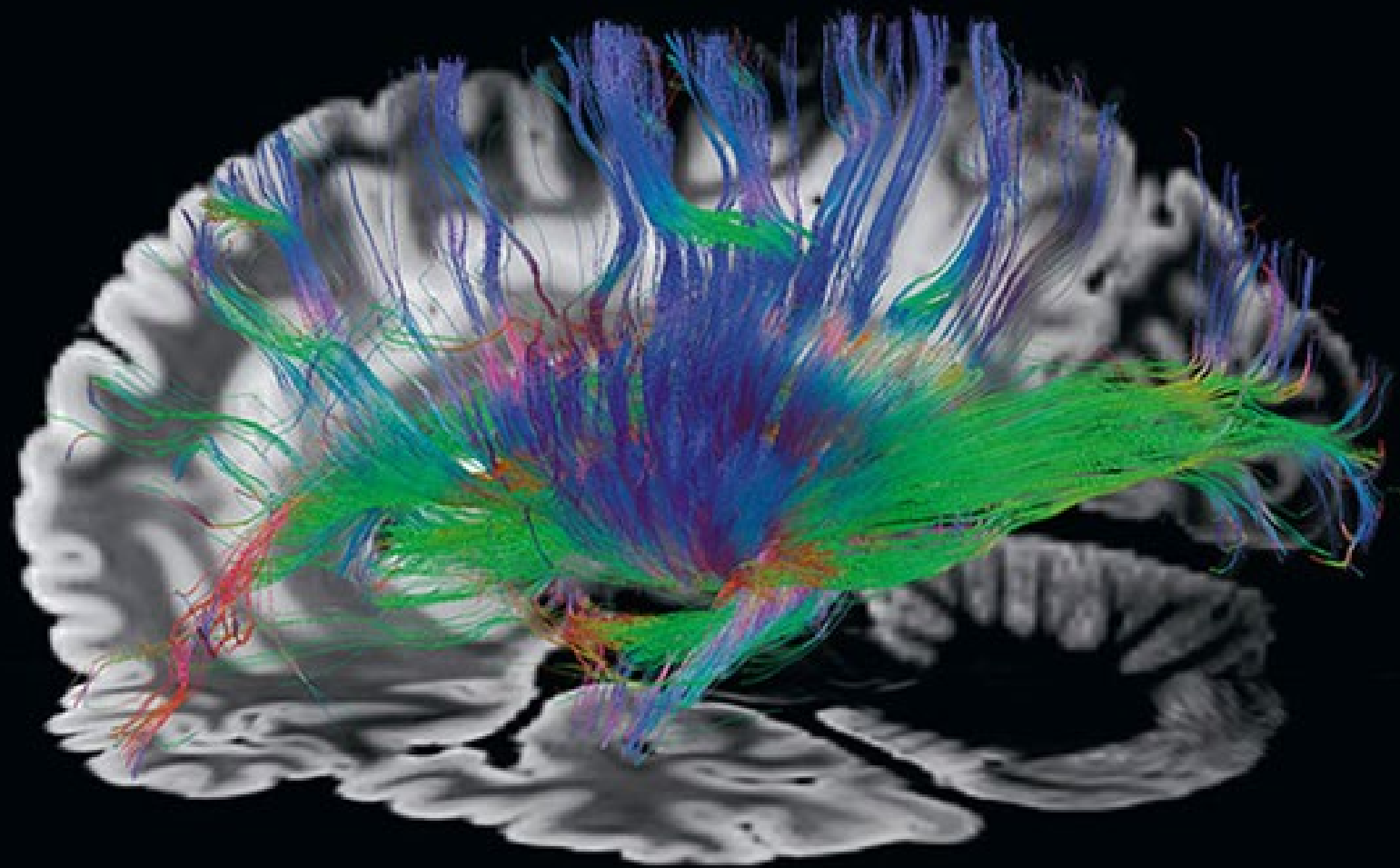


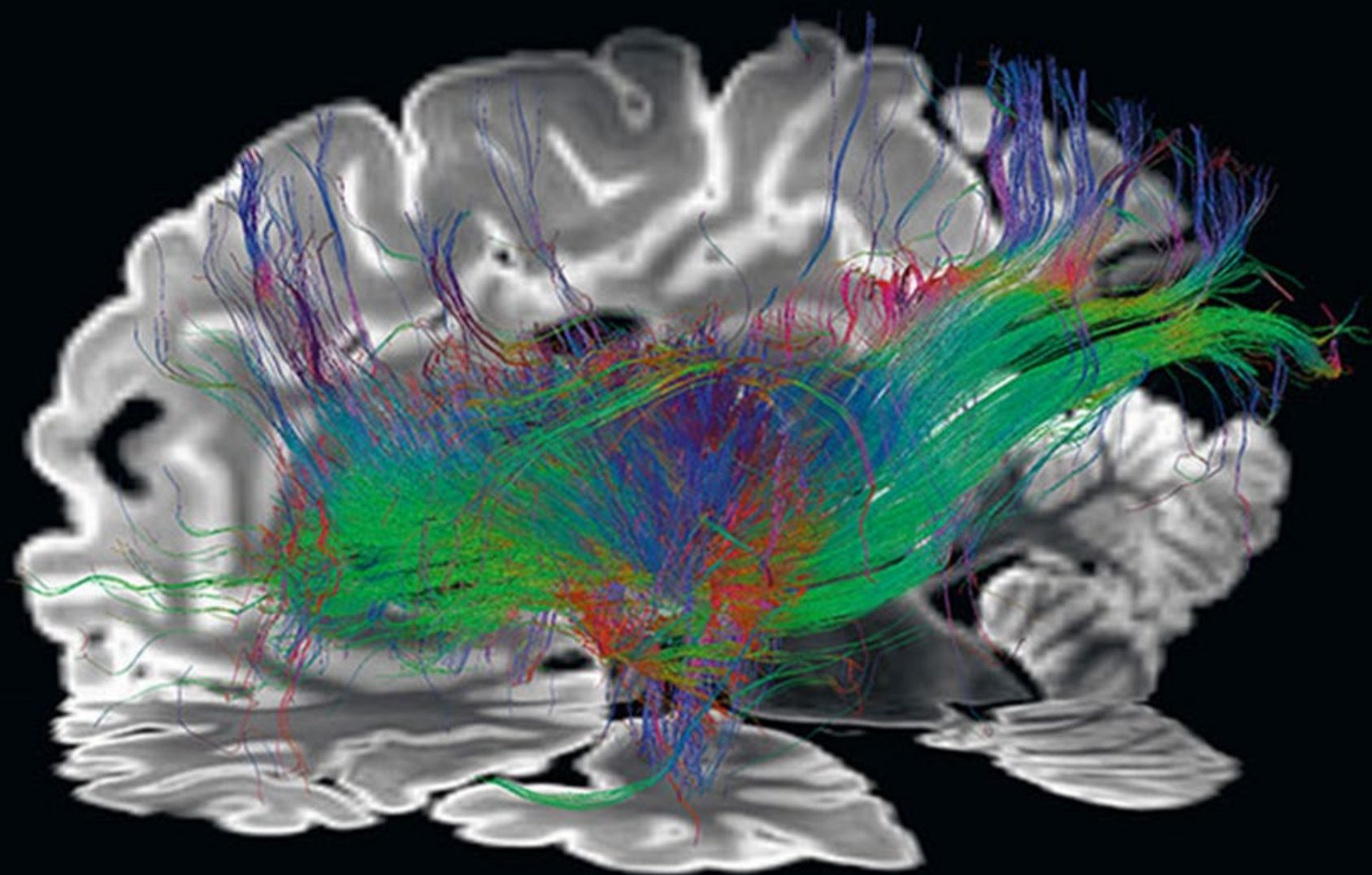
Being shaken



Being hit with an object



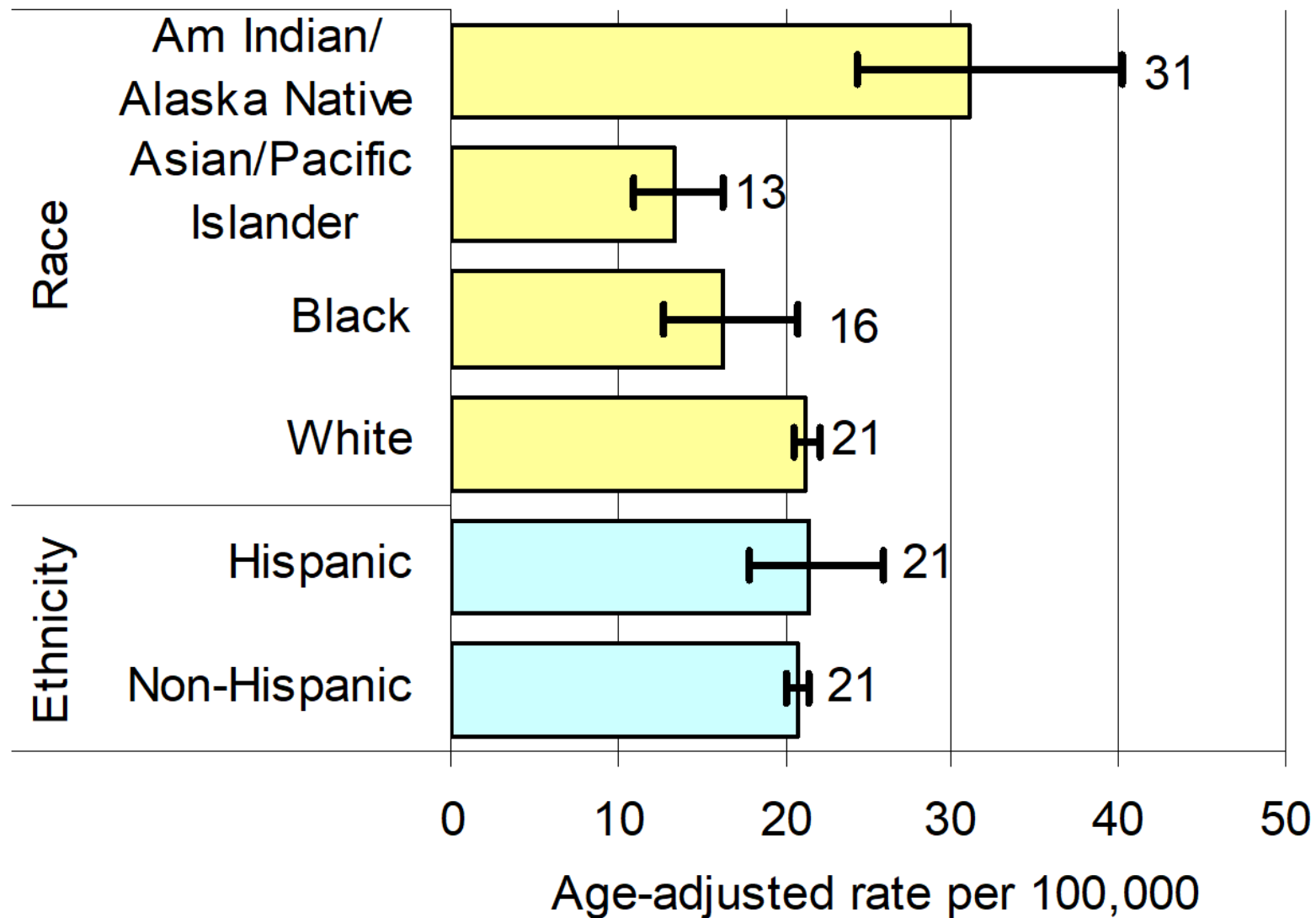




Stats at a glance

- 92 percent of the women questioned had been hit in the head by their partners more than once
- 83 percent were hit in the head and shaken severely
- 8 percent were hit in the head over 20 times in the preceding year.
- (study conducted by the New York State Office for the Prevention of Domestic Violence)
- 81 percent of women who have been abused at the hands of their partners and seek help have suffered a head injury
- 83 percent have been strangled
- Almost half of the women in the study said they'd been hit in the head or had their head shoved into another object "too many times to remember."
- (Ohio State University and the Ohio Domestic Violence Network)

Traumatic Brain Injury, Mortality Rates By Race and Ethnicity Washington State, 2000-2002



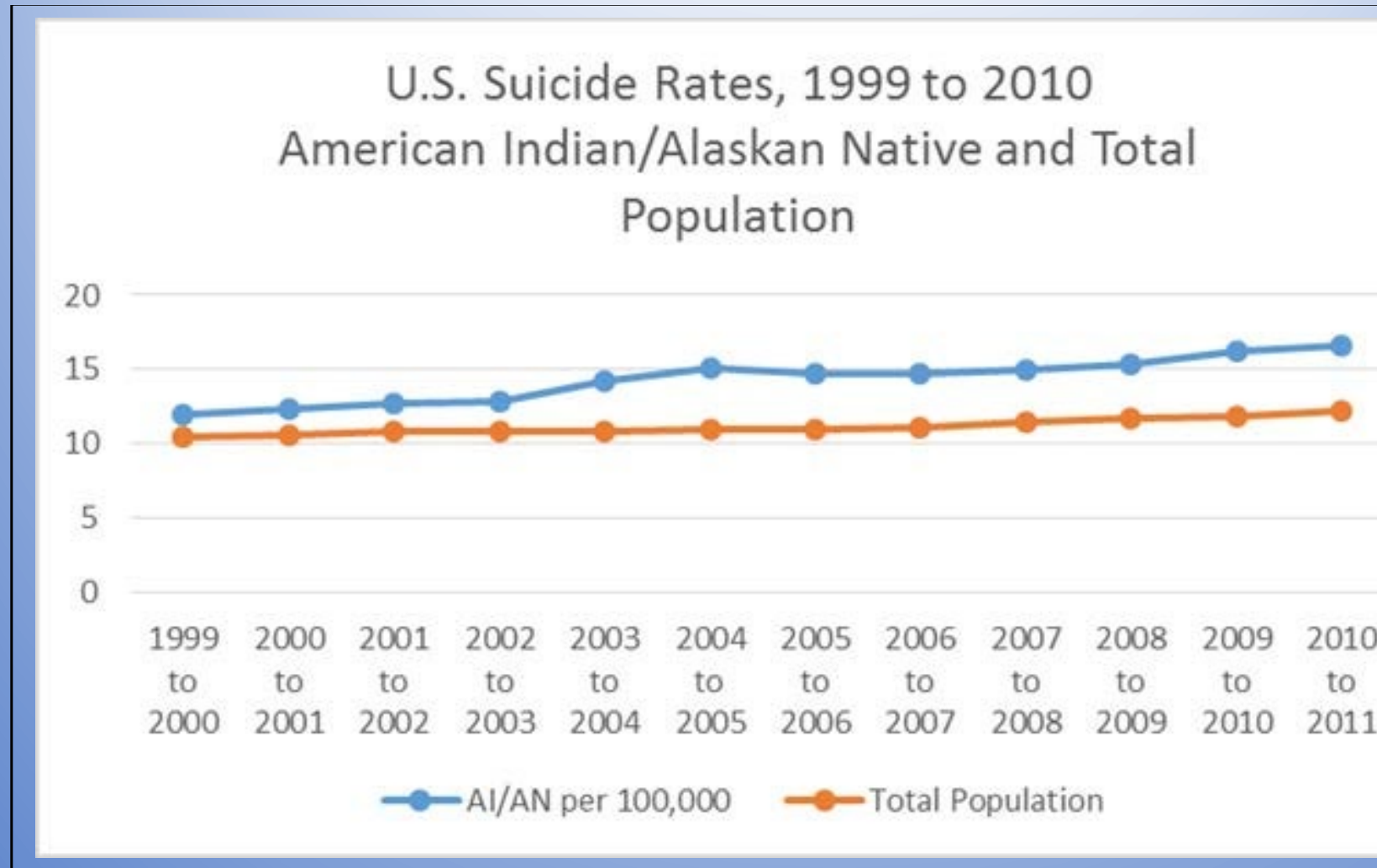


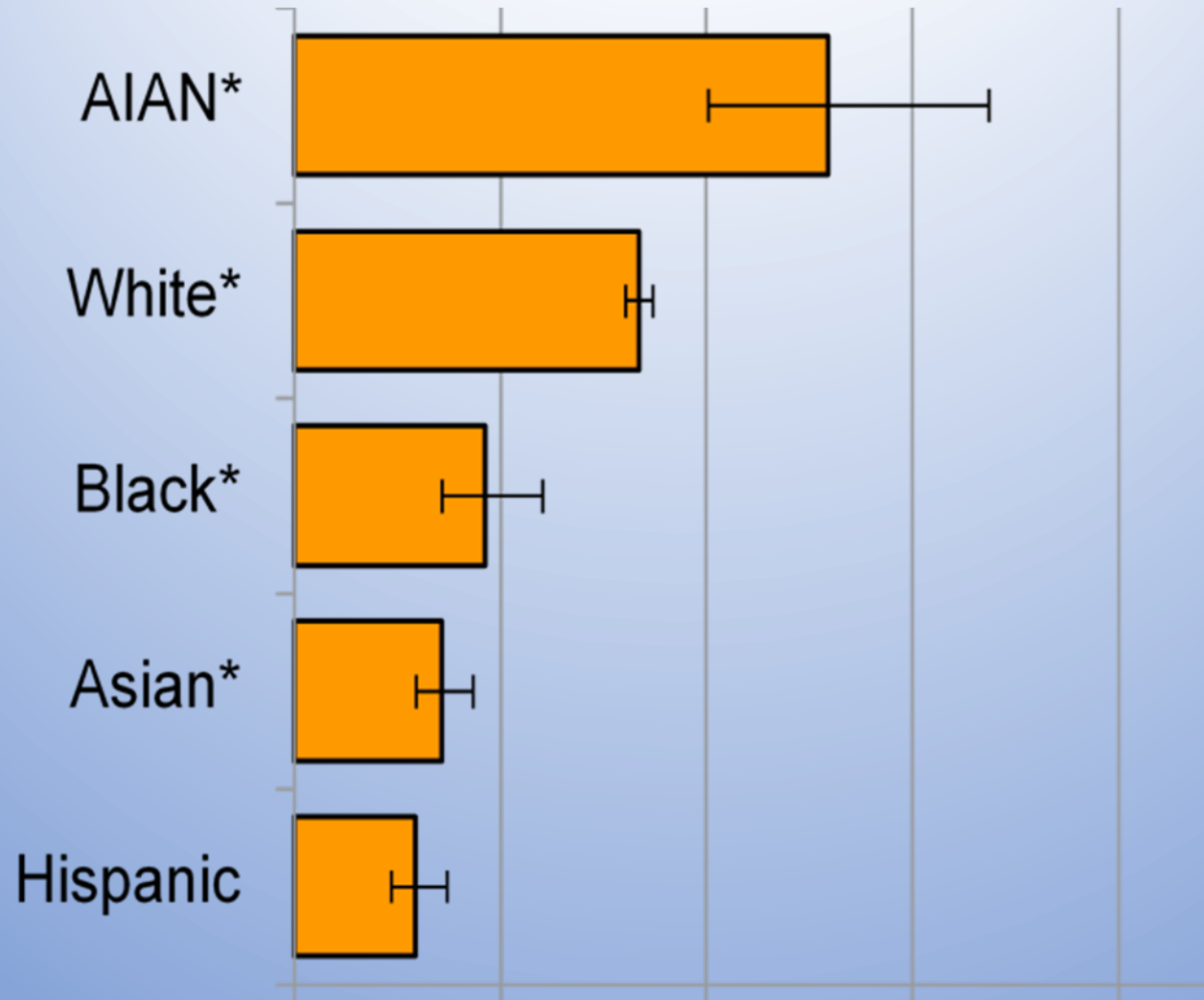
A TBI increases the risk of:

- Depression
- Substance Abuse
- Incarceration
- Suicide
- Homelessness
- Loss of job
- Recidivism
- Multiple MH Dx

“The occurrence of TBI among IPV offenders is significantly higher than the occurrence of TBI within the general population.”

That is adding to the risk already here...





Age-Adjusted Rate per 100,000

Figure 7: Suicide rates by race and Hispanic origin in Washington, 2012–2014

Myth busting

Severity of Traumatic Brain Injury^[8]			
	<u>GCS</u>	<u>PTA</u>	LOC
Mild	13-15	<1 day	0-30 mins
Moderate	9-12	>1 to < 7 days	>30 mins to < 24 hrs
Severe	< 9	> 7 days	> 24 hrs

Symptoms that make things even more difficult for survivors

- Behavior
 - Impulsive
 - Snap judgement
 - Isolation
 - Sleep disorder
 - Chronic Fatigue
 - 60% higher risk of substance abuse
- Mood
 - Volatile irritability
 - Depression (risk increase 150%)
 - Poor emotional control
 - Anxiety (risk increase 60%)
 - Suicide (risk increases 300%)

how does a TBI contribute to behavior

- An exercise!
- Anagrams are FUN!



Symptoms that make things even more difficult for survivors

- Cognition
 - Mental fatigue
 - Poor/erratic memory
 - Difficulty processing new information
 - Sensory/information 'overload'
 - Poor impulse control

Next time you're tempted to imply that we're making excuses, understand that most TBI Survivors will be left with a combination of these symptoms:

1. Short-term memory loss
2. Trouble focusing our attention
3. Neuro-fatigue (running out of energy)
4. Dizziness and balance issues
5. Cognitive deficits (processing things slower than before)
6. Aphasia (trouble recalling or understanding words)
7. Not being able to handle overstimulation (people/noises)
8. Anxiety about the slightest things
9. Depression
10. Chronic pain

In short, we are NOT making excuses, we are simply doing the best we can with what we have been given. ~J

What to do:

- Be Aware
 - (Similar to being trauma informed)
 - Assume nearly everyone you speak with will have a brain injury
 - This impacts their ability to listen, interpret, remember, etc.
- Educate
 - (Once safety is established)
 - Ask the questions
 - Incorporate brain injury information into groups, resources etc.

IT'S **NOT**
ABOUT
THE
NAIL







Assume

**I am still the same person, my
processor is just slow. I
constantly do updates, but
there aren't many available
for the model I have. Please
don't abandon me. I am still
the same person.**

~a brain injury survivor



WARNING

BIOHAZARD

**Universal
Precautions
Must be observed.**

Accept



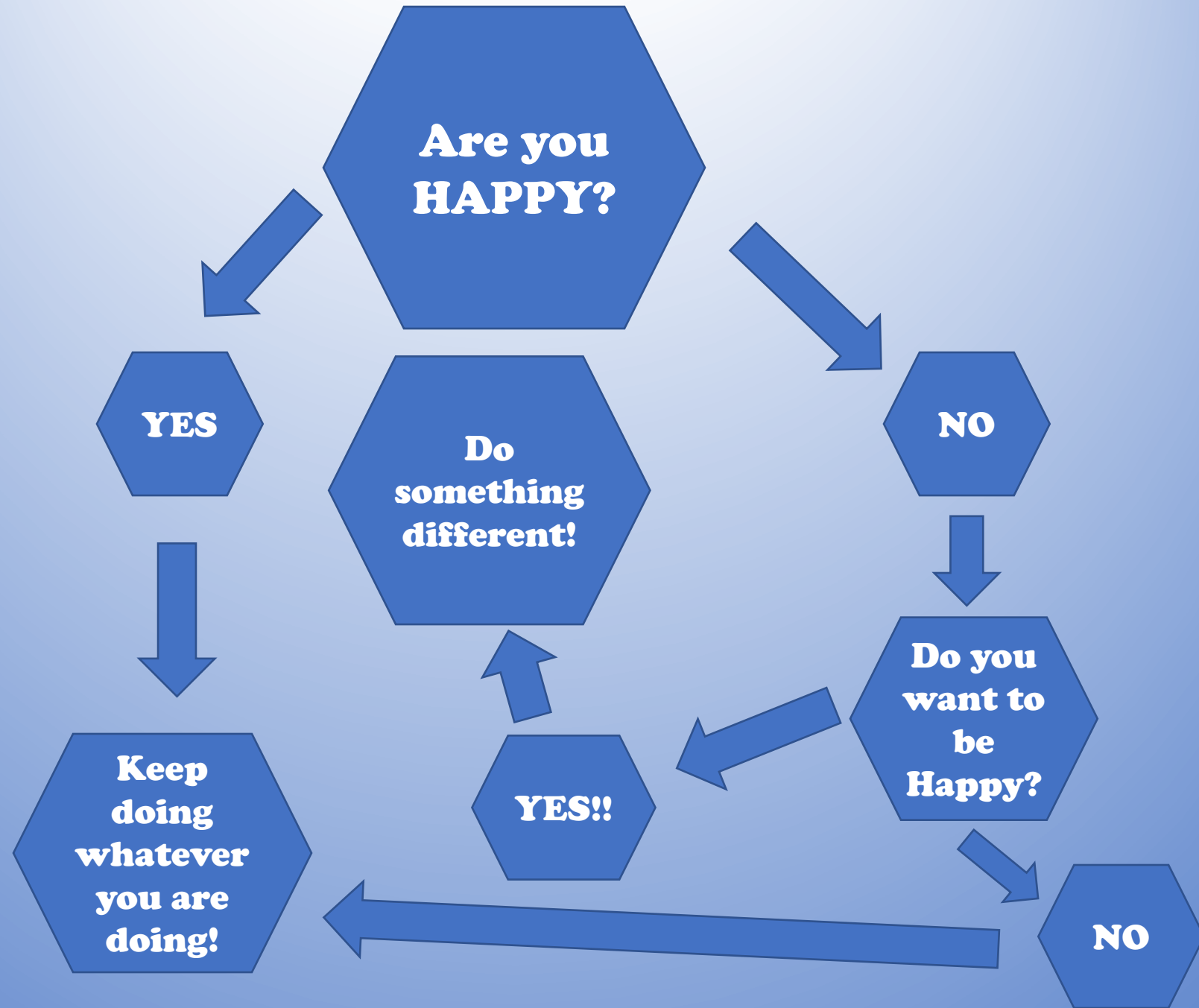
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Adapt





What do we do about it?

- Typical problems

- Headaches
- Sensory “overload”
- Distractibility
- Memory
- Sleep problems
- Emotional regulation
- Impulse control

- Possible interventions

- Pharmaceuticals (can be atypical-anti-depressants, nerve type pain meds)/Non-pharmaceuticals – treat like migraine. (Ex. Glasses)
- Sensory management
- Mindfulness
- Prosthetic brains
- Sleep hygiene, meditations, etc.
- Mindfulness part II
- Urge surfing

What do we do about it? (the short list)



- Do's
 - Increase self awareness
 - Identify symptoms and look for patterns
 - Work with psychiatry
 - Educate the care giver(s)
- Don'ts
 - Energy drinks
 - Alcohol
 - Extended strong stimuli
 - Fluorescent lights



EYEWEAR FOR MIGRAINE

90% of migraineurs are sensitive to light

Researchers have discovered that by blocking certain wavelengths of light, migraine sufferers report both reduced frequency and severity of migraines.

TRY NOW

THANK FOR USING SPACEWARE <3 YOU!

32 lux

max: 2,471





Sound Meter



42 dB

Smart Tools

110dB : Rock music, Screaming child
100dB : Subway train, Blow dryer
90dB : Factory machinery at 3 ft.
80dB : Busy street, Alarm clock
70dB : Busy traffic, Phone ringtone
60dB : Normal conversation at 3 ft.
50dB : Quiet office, Quiet street
40dB : Quiet residential area, Park
30dB : Quiet whisper at 3 ft, Library
20dB : Rustling leaves, Ticking watch




AT&T LTE 9:18 AM



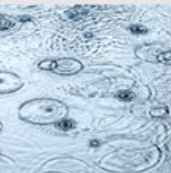
Sounds

TBI Support

Soothing Sounds

Select a sound to block out distractions.

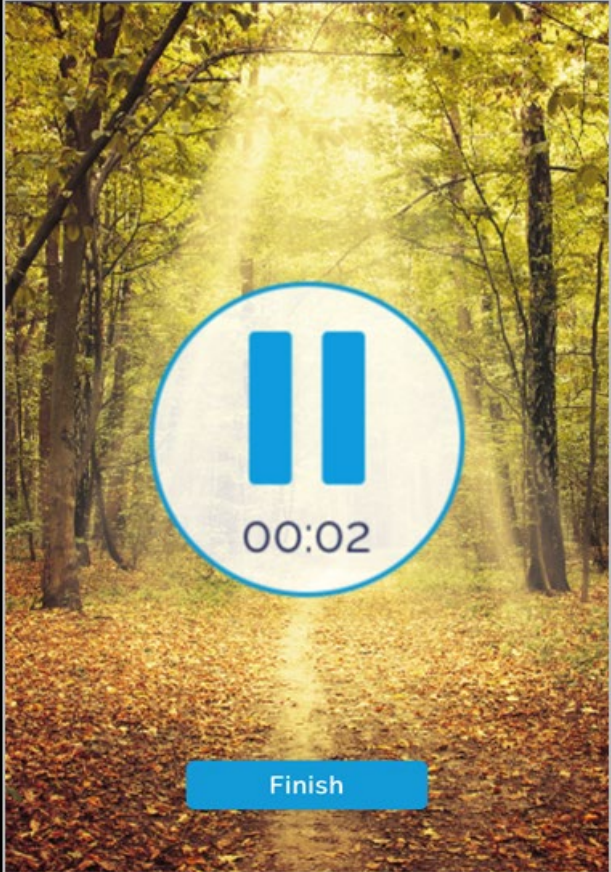









AT&T LTE 9:18 AM

Sounds

TBI Support





00:02

Finish

AL TSA

Stakeholders

▼ Traumatic Brain Injury (TBI) Resources Washington State

TBI Washington State Advisory Council

TBI Information

Domestic Violence and TBI

TBI Reports and Research

► Resources

► Community First Choice Option

► Washington Health Home Program

► Roads to Community Living

Fostering Well-Being

Long-Term Services and Supports (LTSS)

Trust Commission

Domestic Violence and TBI

For immediate assistance, please dial 911

[Washington State Domestic Violence Information and Referral](#)

[TBI Domestic Violence Informational Handout](#)

Screening and Information Tools

Domestic Violence and Traumatic Brain Injury Information

Domestic violence (DV) is a common cause of a traumatic brain injury (TBI) among the population. While a disproportionate amount of these individuals are adult women, both adult men and children can be victims of the severe physical violence that cause these injuries in a domestic setting.

What is a Traumatic Brain Injury?

Traumatic brain injury (TBI) is:



Violence Prevention

Search CDC.gov



VetoViolence®

TOOLS AND
TRAININGS

PREVENTION
INFORMATION

ACEs
RESOURCES

Sign In

REGISTER



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In this section

Sexual and Domestic Violence

[Domestic Violence](#)[Find Help](#)[Prevention](#) ▼

Sexual and Domestic Violence

Resources

Domestic violence resources

- [National Resource Center on Domestic Violence](#)
- [National Network to End Domestic Violence \(NNEDV\)](#)

Today I will live in the
moment, unless it's
unpleasant in which case
I will eat a cookie!
-Cookie Monster

