

FRASER VALLEY BRAIN INJURY ASSOCIATION

INFO@FVBIA.ORG

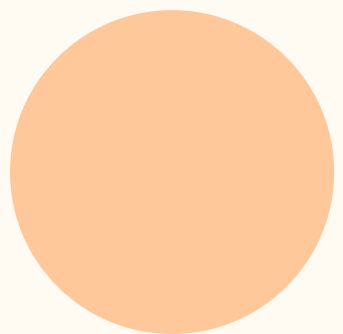
PRESENTED BY: CAROL PAETKAU

SUPPORTING PEOPLE WITH ACQUIRED BRAIN INJURY

Intersections between Brain Injury,
Mental Health, Homelessness,
Substance Use & IPV

WHAT IS...

an acquired brain injury (ABI)



An injury to the brain after birth which is not hereditary, congenital, or degenerative.

This includes Traumatic Brain Injury (TBI) and brain injury from organic causes

This does not include Fetal Alcohol Spectrum Disorder (FASD), Parkinson's Disease, etc.

Acquired Brain Injury



Acquired Brain Injuries are closely associated with:

- A decrease in mental and physical health
- A decrease in cognitive function
- An increase in suicide thoughts and suicide risk
- An increase in involvement with healthcare & criminal justice systems
- An increase in substance use issues

FRASER VALLEY BRAIN INJURY ASSOCIATION



Fraser Valley Brain
Injury Association

ABOUT

Our organization

Fraser Valley Brain Injury Association (FVBIA) is a charitable organization that has been offering support and services to people with acquired brain injuries and their families since 1997.

FVBIA provides a variety of programs throughout the Fraser Valley from Langley to Boston Bar, including Mission.

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SERVICES



Fraser Valley Brain
Injury Association

- Case Management (virtual and in-person)
- Drop In/Leisure Programs (Hope - FVBIA, Chilliwack/Abbotsford - Communitas)
- Mill Lake Walking Group - Abbotsford 3x/week
- Community Kitchen groups
- R 'n R (Relax and Revive) group
- Health & Wellness (virtual) group
- Art, crafts, photography and jewelry classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden/ Food Donations
- Support Groups (Langley, Abbotsford & Chilliwack)
- Volunteering/Employment support
- First Aid training, Food Safe and funding for other certifications
- Family Support group (virtual)
- ABI Awareness and Education
- Young at Arts Summer program - children with ABI, their siblings or children who have a parent with AB
- Corrections Liaison Program (virtual)
 - 4-week ABI & Substance use education series
- NEW: Digital Literacy, fraud, scam and elder abuse information sessions

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ELIGIBILITY CRITERIA

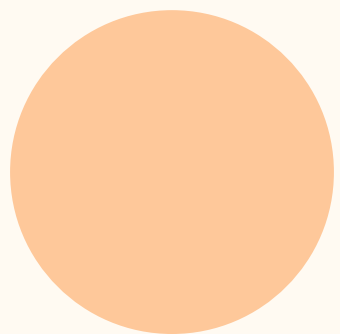
In order to access FVBIA's regular programs, individuals must meet eligibility criteria and be able to provide proof of ABI

<https://www.fvbia.org/criteria-for-services/>

Proof of Acquired brain Injury (ABI) from a Physician Supported by Medical and Rehabilitation Documents

DOCUMENTS MUST CLEARLY INDICATE ABI

- CT scan
- Psychiatric reports with DSM diagnosis of ABI
- Neurologist report
- Neuropsychological assessment
- Psychiatrist report
- Hospital records
- Psychiatrist report
- MRI report
- Medical/rehabilitation or
- Hospital discharge reports



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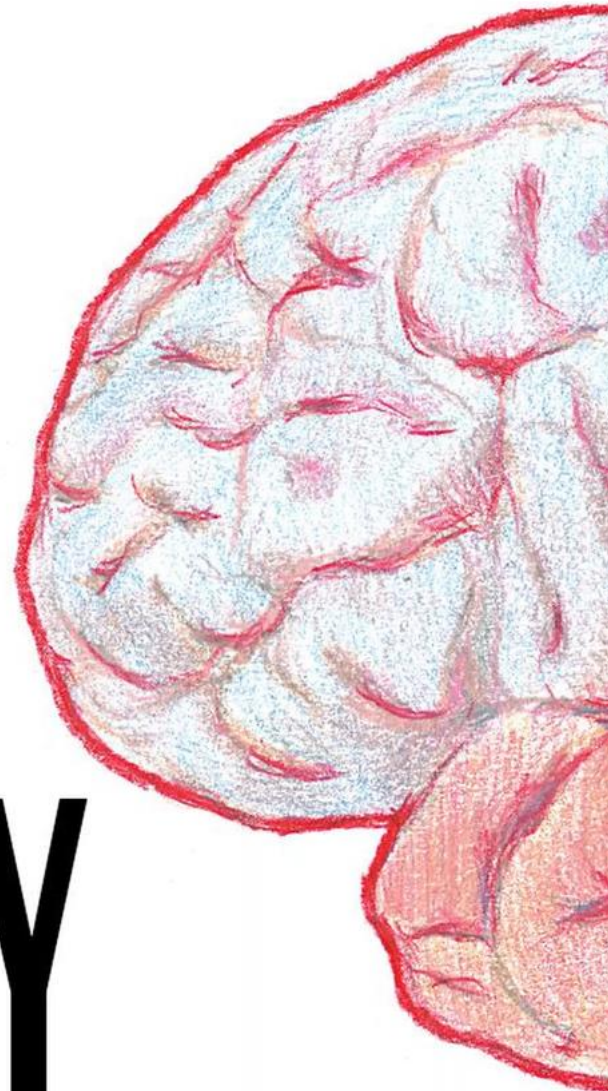
MENTAL HEALTH

Brain BRAIN INJURY



**Mental
health issues
often follow**

**BRAIN
INJURY**



DR. MAURICIO A. GARCIA-BARRERA, PH.D., R. PSYCH

“Brain injury goes largely unidentified – the symptoms that are visible are a small part of the issue; more important are ongoing issues, especially with repeated injury.

Damage to the prefrontal cortex limits the ability to make decisions, solve problems or seek help; the same parts of the brain are affected by mental health issues.

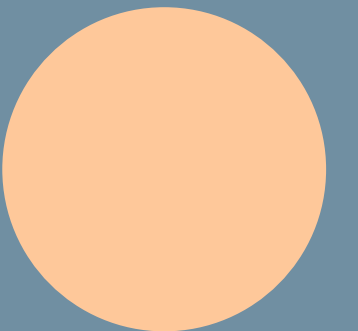
It is important to understand these intersections so that services and support systems can be integrated to make the best use of the finite resources available.”

MENTAL HEALTH

“The greatest risk of developing a mental disorder is in the first year after suffering head trauma, but even after 15 years there was a significantly increased risk.”

THOSE WITH HEAD INJURIES ARE:

- 65 percent more likely to be diagnosed with schizophrenia.
- 59 percent more likely to develop a depression.
- 28 percent more likely to be diagnosed with bipolar disorder.
- 439 percent more likely to suffer from organic mental disorders.



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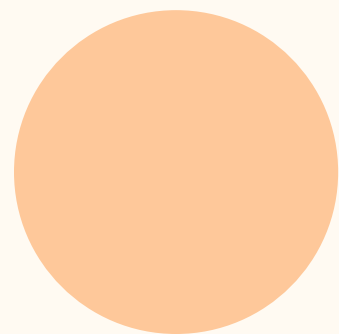
HOUSING and BRAIN INJURY



TOPIC: Affordable Supportive Housing

Acquired **brain injury is a lifelong condition, not a one-time event**

A range of affordable, long-term, supportive housing options are required across the life span of a person with ABI, particularly as family and caregivers age.



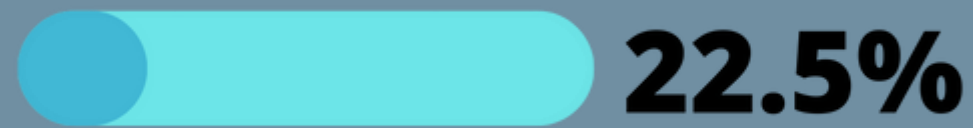
TOPIC: Homelessness and Brain Injury

TBI = TRAUMATIC BRAIN INJURY

STATISTICS



OF PEOPLE EXPERIENCING HOMELESSNESS
HAVE A HISTORY OF TBI



OF PEOPLE EXPERIENCING HOMELESSNESS
WITH A HISTORY OF TBI'S HAVE A
MODERATE-SEVERE TBI



MORE SEVERE TBI'S



INCREASED RISK OF LOSING STABLE HOUSING

TBI CLOSER TO LOSING STABLE HOUSING

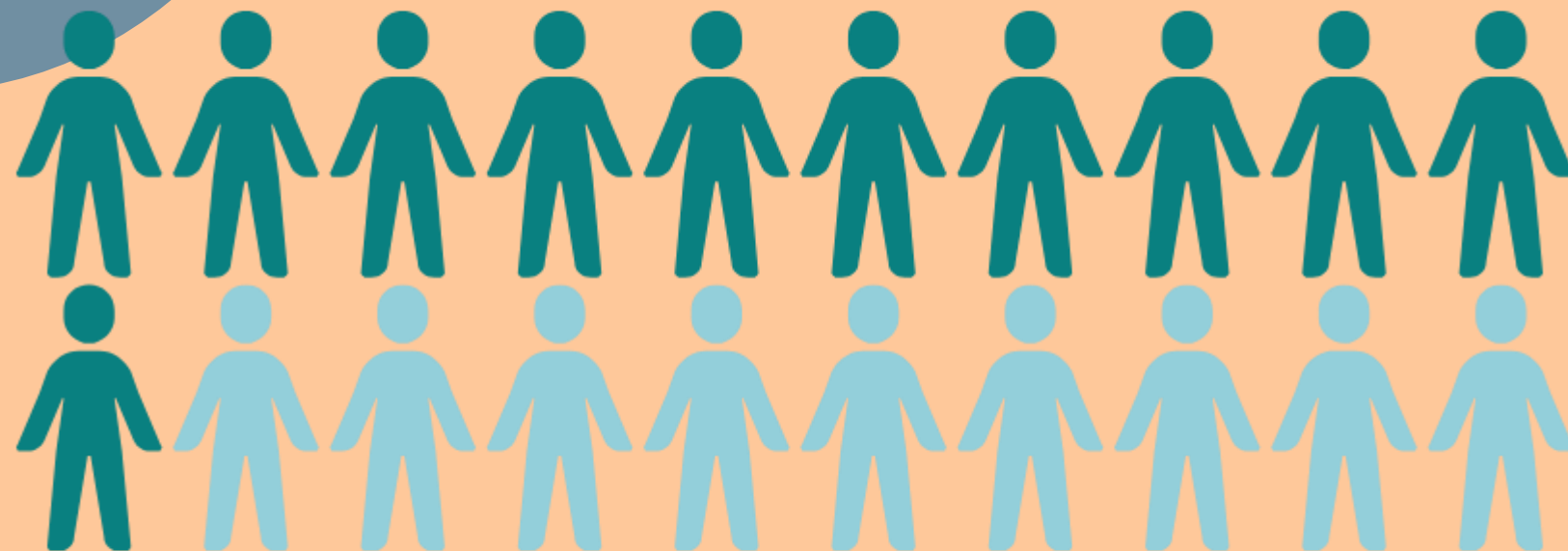


LONGER DURATION OF HOMELESSNESS

Homelessness and Brain Injury

Compared to housed populations:

- Brain injuries of any severity are **4x higher** in unhoused populations
- Moderate-severe brain injuries are **10x higher** in unhoused populations



UNHOUSED

VS



HOUSED

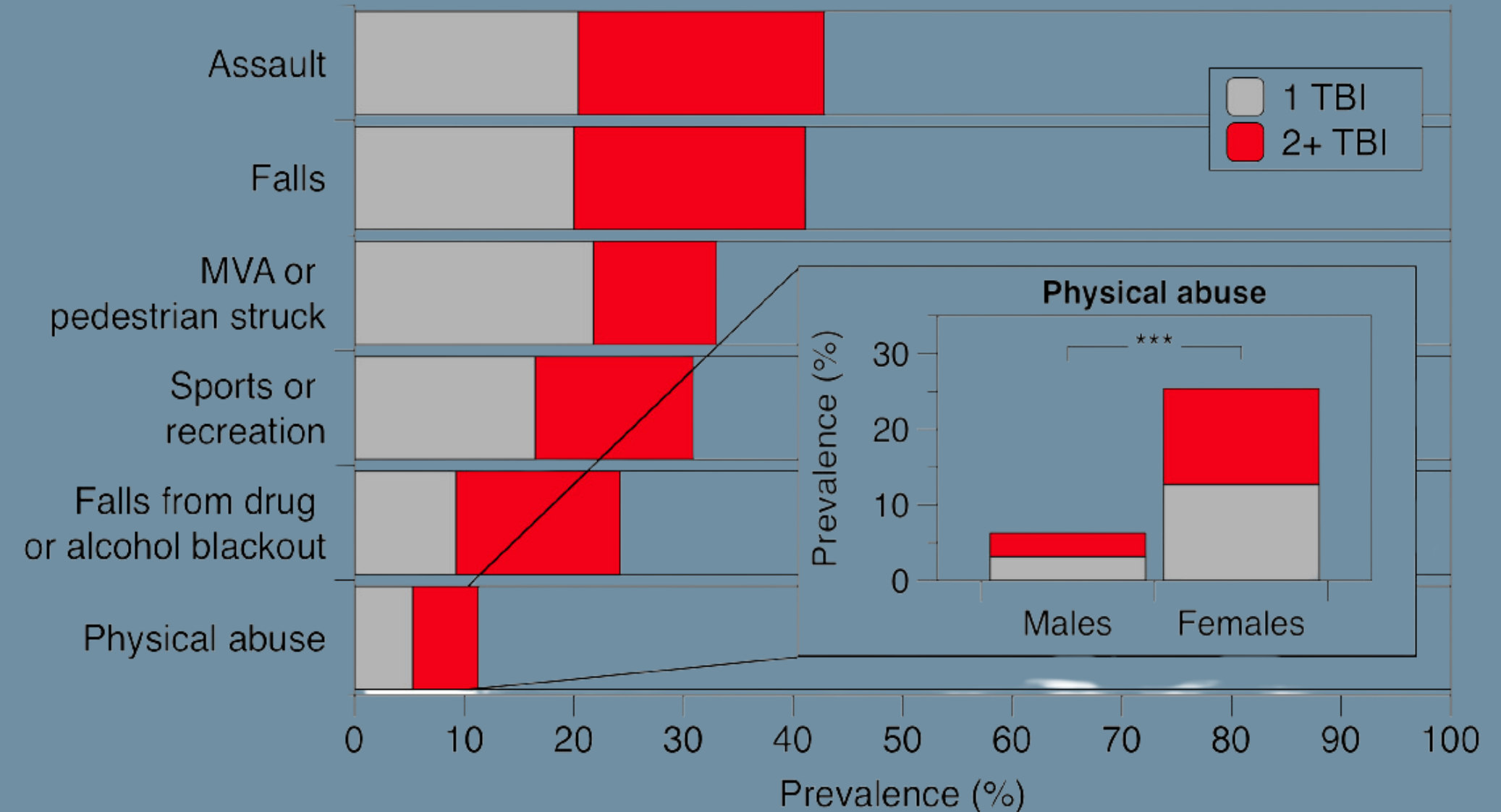
CASE STUDY

The Hotel Study

A 10-year longitudinal investigation of public health issues in Vancouver's Downtown Eastside (DTES) focused on the intersection of physical & mental health, & the relationship to drug addiction & access to public health systems (500 participants).

HOW MANY HOTEL STUDY PARTICIPANTS experienced TBI and how did they happen?

- >80% (400+ people) had experienced TBI, most commonly due to assault, falls and motor vehicle accidents.



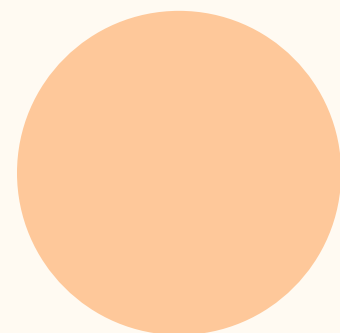
CASE STUDY

The Hotel Study

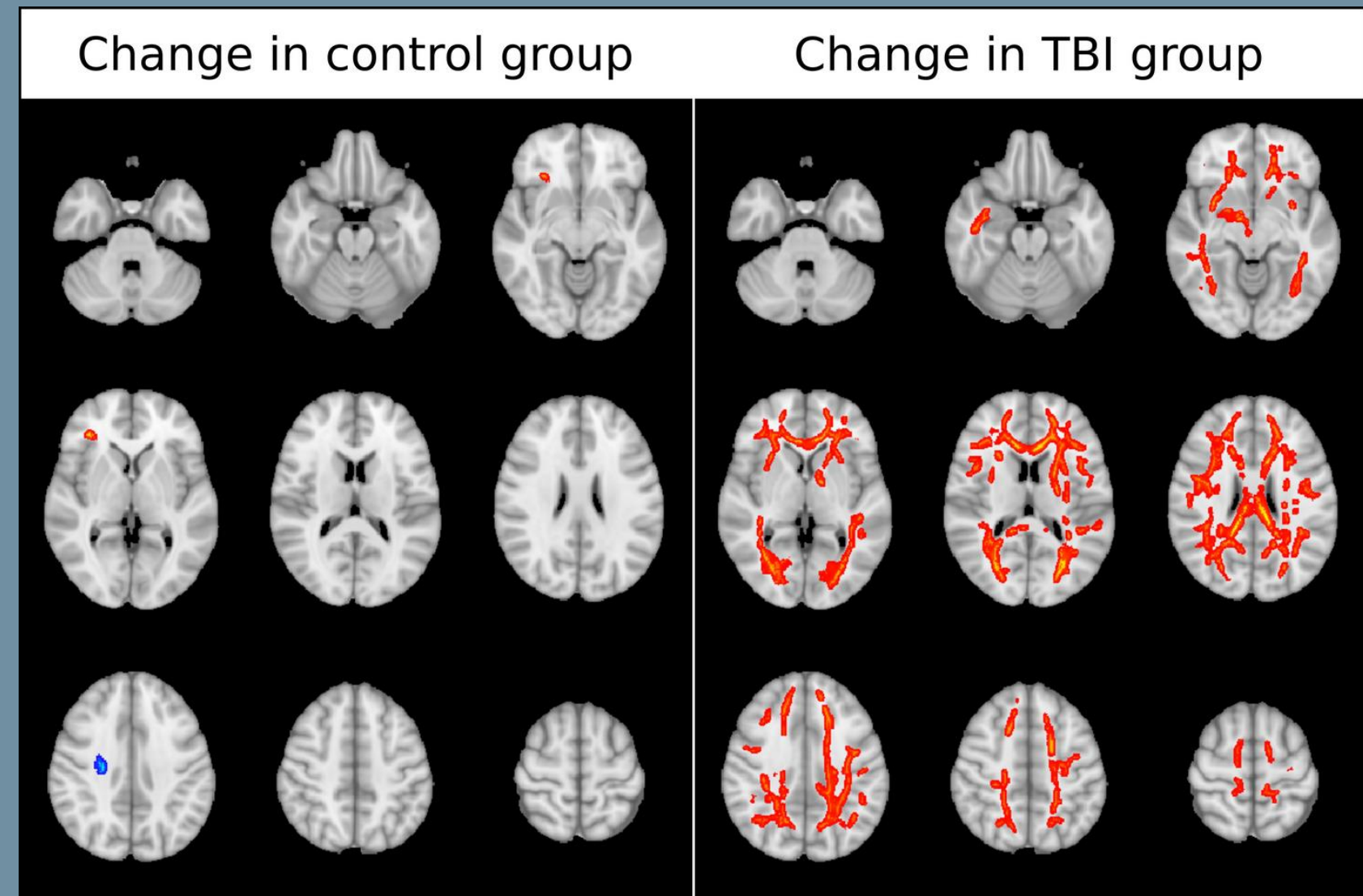
TBI damages neurons and long axons within white matter and causes slowed information processing

IMMEDIATE BRAIN CHANGES after new TBI's?

Imaging shows widespread microscopic white matter changes after mild TBI in those with existing TBI's vs the control group



- 29.8% (149 people) sustained a TBI over one year
- 12% (60 people) sustained multiple TBI's
- 7% (35 people) of Hotel Study participants have visible brain lesions, mostly in frontal & temporal lobes which are responsible for executive functioning.



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TOPIC:

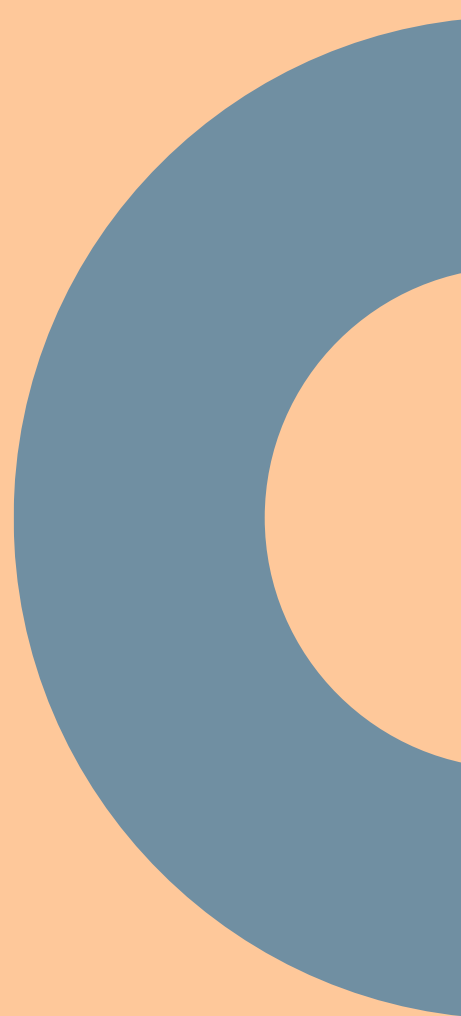
Substance Use & Brain Injury



How does substance use lead to brain injury?

SUBSTANCES

- can cause events such as overdoses, leading to lack of oxygen to the brain.
- are toxic and can cause the brain to shrink, lose brain matter, or form lesions.
- can mask symptoms of brain injury, making it harder to diagnose or intervene.
- can interfere with healing, making the brain injury worse or prolonging symptoms.
- can cause problems with balance and walking, making falls and accidents more likely.
- can decrease inhibition leading to increased possibility of physical conflicts.



OVERDOSES

and

BRAIN INJURIES

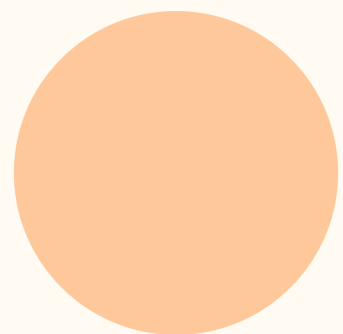
During an opioid overdose, hypoxic and anoxic events are possible and may result in short-term or long-term injury to the brain.

Overdoses can result in physical impairments and changes in behaviors.

After surviving an overdose, an individual may be living with an unrecognized brain injury.

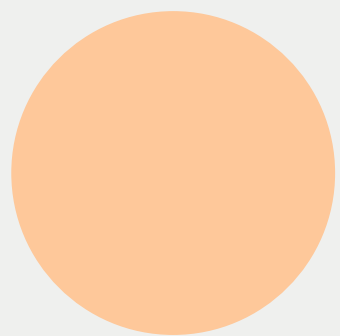
Anoxia: Complete lack of oxygen to the brain

Hypoxia: Restriction of oxygen to the brain

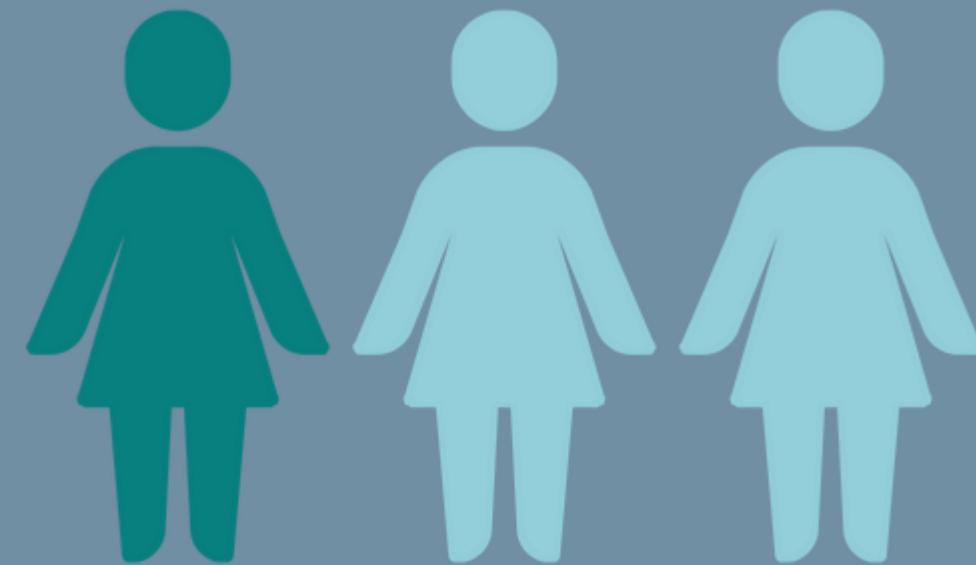


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INTIMATE
PARTNER
VIOLENCE
and
BRAIN INJURY



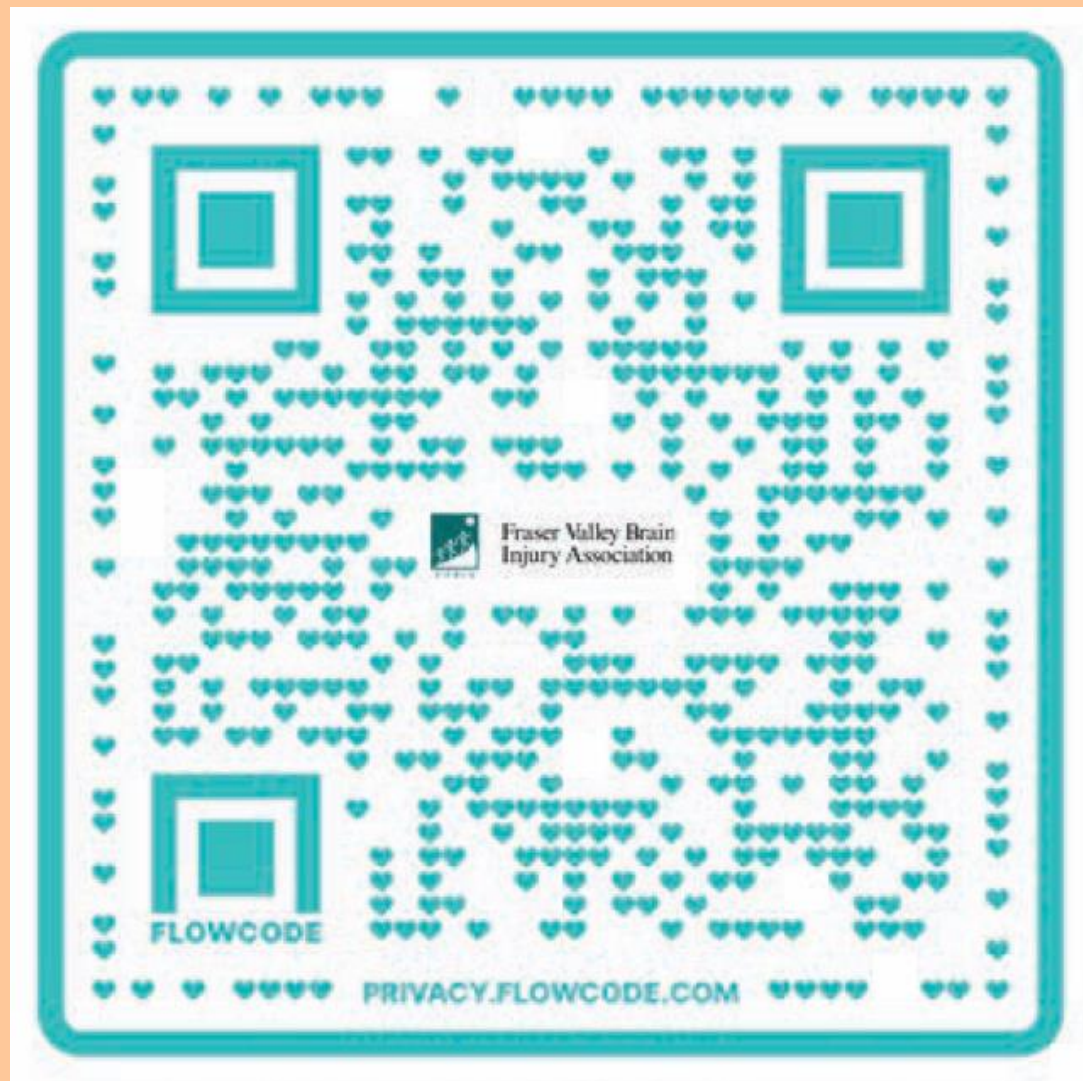
One in three women around the world (44% in Canada) will experience intimate partner violence (IPV) in their lifetime.



Up to 92% of these women may also experience a brain injury.

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Brain Injury Information and Resource Package:
<https://www.fvbia.org/abi-information-resources/>



Sign up for our newsletter



Order "Rehabilitation after Brain Injury" Brochures

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THANK YOU
Keep in Touch
with Us

201-2890 Garden St., Abbotsford, BC V2T 4W7 | 604-557-1913 | info@fvbia.org

www.fvbia.org

REFERENCES

Brain Injury Canada <https://braininjurycanada.ca/en/>

Characterizing Traumatic Brain Injury and Its Association with Losing Stable Housing in a Community-based Sample, Jacob L. Stubbs PhD <https://journals.sagepub.com/doi/full/10.1177/07067437211000665>

Victoria Brain Injury Society <https://vbis.ca/brain-injury-basics-homelessness/#:~:text=Individuals%20with%20ABI%20may%20face,after%20an%20acquired%20brain%20injury.>

<https://brainkind.org/about-brain-injury/brain-injury-and-homelessness/>

Fraser Valley Brain Injury Association's Brain Injury Education Program, <https://fvbia.org>

<https://homeless.org.uk/knowledge-hub/brain-injury-and-homelessness/>

<https://www.headway.org.uk/about-brain-injury/individuals/types-of-brain-injury/>

<https://vbis.ca/brain-injury-basics-homelessness/>

[Head Injury as Risk Factor for Psychiatric Disorders: A Nationwide Register-Based Follow-Up Study of 113,906 Persons With Head Injury,VL - 171,DO - 10.1176/appi.ajp.2013.13020190, The American journal of psychiatry](#)