

PTSD, TBI, Invisible & Physical Injury: Overview

Posttraumatic Stress Disorder (PTSD)

People suffer from PTSD or *posttraumatic stress disorder* when they have trouble recovering from a traumatic event they experienced, witnessed, or heard about happening to someone they love (American Psychiatric Association, 2013). Many military families live with PTSD in their homes after their service member is exposed to combat or military training (Cozza et al., 2018). However, PTSD may come from a variety of other traumatic events.

Some examples include (U.S. Department of Veteran Affairs, 2019):

- Violence (domestic, military, terrorist attack, training)
- Serious injuries (intentional or accidental: car crash, drowning)
- Sexual or physical assault and/or abuse
- Natural disasters (hurricanes, tornadoes, floods, fires, etc.)

PTSD can look different in individuals. One person may become more agitated while others become more distant and detached. It is also common to see two or more disorders in addition to PTSD like depression, anxiety, or substance abuse (Brownlow et al., 2018).
































Traumatic Brain Injury (TBI)

A traumatic brain injury (or TBI) is a blow or jolt to the head that disrupts the normal function of the brain. The severity of the TBI is determined at the time of the injury and may be classified as: mild, moderate, severe, or penetrating. TBI may cause physical, cognitive, and behavioral changes that can be difficult to adapt to for both the individual and family members (Medline Plus, 2021). These changes are usually temporary, but in some cases, recovery becomes a lifelong process of adjustments and accommodation for the injured service member and their family. People with TBI can lead joyful and meaningful lives with the aid of friends and loved ones who can provide ongoing support and encouragement.



















Over 80% of all TBI's in the military are considered mild concussions. Concussions result from a head injury that makes a person feel dazed or confused and may involve the brief loss of consciousness. Common causes of military TBI include falls, motor vehicle crashes, being struck by an object, assault, sports, guns, or explosive devices. Only 8% of military TBI's are battlefield related injuries. Symptoms of concussions can be physical: affecting the body, cognitive thinking, or emotions. Symptoms are often resolved within days or weeks of an accident (Office of Research & Development, 2019).

**PTSD, TBI, Invisible & Physical Injury: Strategies & Tools**

For Parents & Professionals	For Parents of Young Children	For School
 <u>Strengthen Your Family Through Hard Times</u> Article by MCEC	 <u>Zach and PTSD</u> Video by Military Kids Connect	 <u>Working with Military Families</u> Article by NCTSN
 <u>Feelings Color Zones</u> Chart by MCEC	 <u>Josh and PTSD</u> Video by Military Kids Connect	 <u>Deep Breathing: Elementary Kids</u> Video by Children's Healthcare of Atlanta
 <u>For Kids: What is PTSD?</u> Handout by MCEC	 <u>Dad is Not Himself</u> Video by Military Kids Connect	 <u>Deep Breathing: Middle/High</u> Video by Children's Healthcare of Atlanta
 <u>Coping Through the Levels of Anger & Aggression</u> Chart by MCEC	 <u>Dad is Distant</u> Video by Military Kids Connect	 <u>Conversations for Students Living with Injuries in their Homes</u> Article by Clearinghouse
 <u>Family Response Plan</u> Handout by MCEC	 <u>The Yelling</u> Video by Military Kids Connect	 <u>Conversations for Students Impacted by Death of their Parent</u> Article by Clearinghouse
 <u>Family Goal Setting</u> Handout by MCEC	 <u>Dad Acting Different</u> Video by Military Kids Connect	 <u>Feelings Color Zones</u> Chart by MCEC
 <u>Journaling & Writing</u> Handout by MCEC	 <u>Dad Sometimes Gets Angry</u> Video by Military Kids Connect	 <u>Coping Through the Levels of Anger & Aggression</u> Chart by MCEC
 <u>Expressive Writing</u> Handout by MCEC	 <u>Mom Told Me About PTSD</u> Video by Military Kids Connect	 <u>For Kids: What is PTSD?</u> Handout by MCEC
 <u>Talking with Kids About PTSD/TBI</u> Handout by MCEC	 <u>Doing Different Things with Dad</u> Video by Military Kids Connect	 <u>Expressive Writing</u> Handout by MCEC
 <u>Living with PTSD & Effects on the Family</u> Handout by MCEC	 <u>Children's Questions About Caregiving</u> Article by Sesame Street	




















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For Parents & Professionals	For Parents of Young Children	For School
 <p>Deep Breathing Exercise for Kids Podcast by Defense Health Agency</p>	 <p>You Can Count on Me Printable by Sesame Street</p>	
 <p>Progressive Muscle Relaxation Video by Children's Healthcare of Atlanta</p>	 <p>Color Me Calm Printable by Sesame Street</p>	
 <p>Effective Injury Communication Article by CSTS</p>	 <p>What's for Dinner Printable by Sesame Street</p>	
 <p>Helping Your Child Adjust to a "New Normal" Article by MCEC</p>	 <p>Teamwork Printable by Sesame Street</p>	
 <p>Caregiver Guide for Traumatic Brain Injury Guide by Military Health System</p>	 <p>Feelings Have Words Interactive Activity by Sesame Street</p>	
 <p>Anatomy of PTSD Resource by Brainline</p>	 <p>Sunny, Cloudy, Stormy Days Interactive Activity by Sesame Street</p>	
 <p>Invisible Injuries & Intimacy Article by CSTS</p>	 <p>It's a Journey: First Steps Article by Sesame Street</p>	
 <p>Casualty Status, Type, & Categories Article by Clearinghouse</p>	 <p>Complex Emotions Article by Sesame Street</p>	
 <p>The Impact of Invisible Injuries Article by CSTS</p>	 <p>A Confident Child Article by Sesame Street</p>	



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 <p><u>Talking Points for Loved Ones</u> Article by CSTS</p>	 <p><u>Caregiving</u> Video by Sesame Street</p>	
 <p><u>Parenting for Veterans</u> Resource by U.S. Department of Veterans Affairs</p>	 <p><u>Mi Familia: Sunny Day Song</u> Video by Sesame Street</p>	
 <p><u>SNAP Problem-Solving Method</u> Worksheet by NFRC</p>	 <p><u>Stormy Days Song</u> Video by Sesame Street</p>	
 <p><u>Concussions/Mild TBI</u> Article by Military Health Systems</p>	 <p><u>Parenting After An Injury</u> Video by Sesame Street</p>	
 <p><u>Signs and Symptoms</u> Article by Military Health Systems</p>	 <p><u>Sunny, Stormy, Cloudy Days Podcast</u> Podcast by Sesame Street</p>	
 <p><u>TBI and PTSD</u> Article by Military Health Systems</p>	 <p><u>Helping Each Other After an Injury</u> Video by Sesame Street</p>	
 <p><u>Healthy Sleep and PTSD/TBI</u> Article by Military Health Systems</p>	 <p><u>Care for the Caregivers</u> Video by Sesame Street</p>	
 <p><u>Invisible Wounds: Caregiver Fact Sheet</u> Article by AFW2</p>	 <p><u>Caring for Brain Injuries</u> Video by Sesame Street</p>	
	 <p><u>Talking About Brain-Related Injuries</u> Video by Sesame Street</p>	



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<https://servingtogetherproject.org/understanding-ptsd-a-guide-for-family-and-friends/>