




**NATIONAL ASSOCIATION
OF STATE HEAD INJURY
ADMINISTRATORS**

nashia.org



**WHAT IS THE
NASHIA OBISSSS?**



Online Brain Injury Screening and Support System

THE OBISSS OFFERS:

1

FLEXIBLE IMPLEMENTATION

A tool that can be self-administered or completed with the help of a professional

2

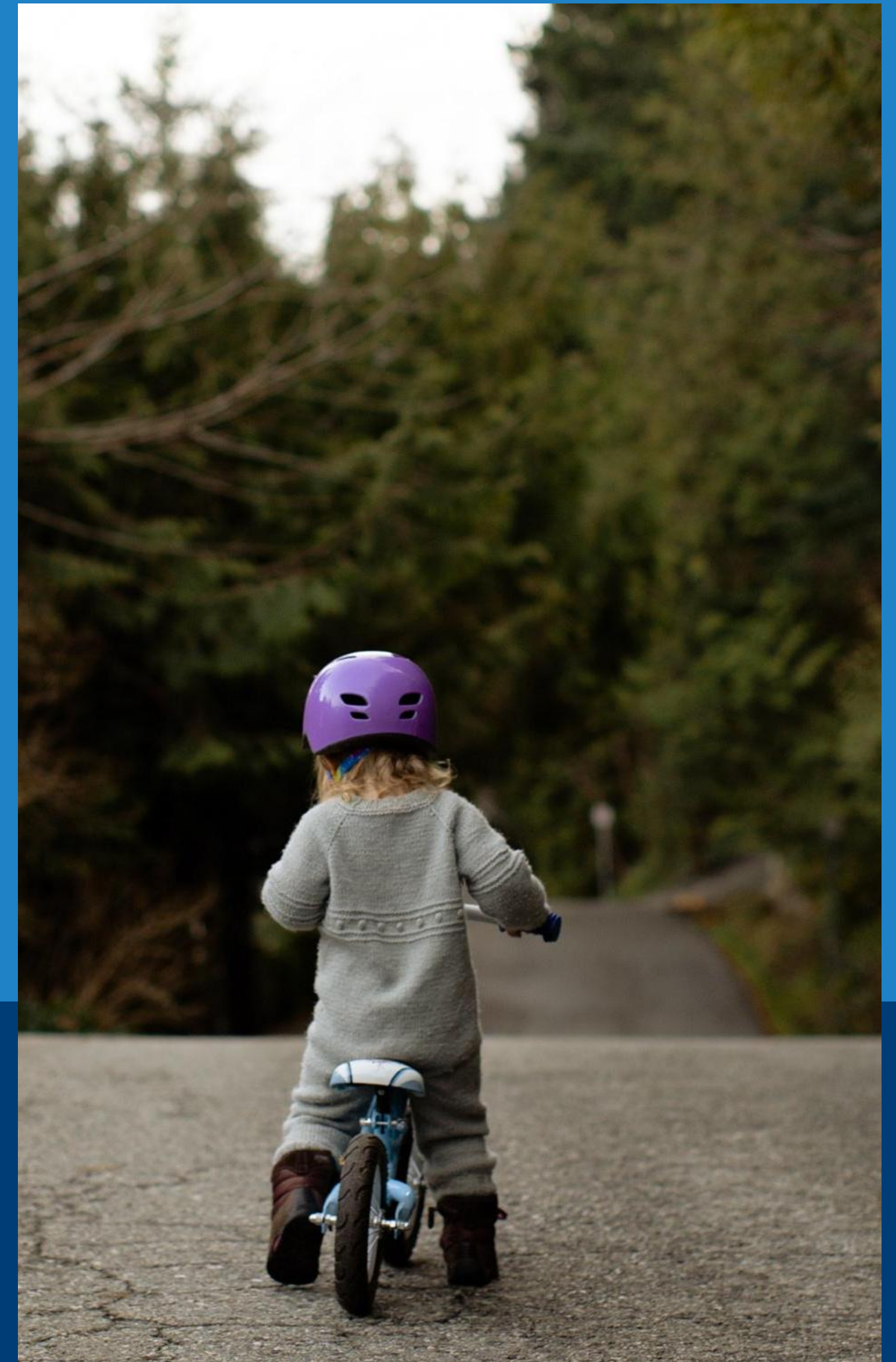
RISK ASSESSMENT

Determines lifetime exposure to brain injury (both non-traumatic and traumatic);
the OBISSS DOES NOT take the place of a diagnosis or medical findings

3

NEXT STEPS

If lifetime exposure to brain injury is present, the OBISSS then helps identify associated challenges that may be present.





THE OBISSS IS:

A SUBSCRIPTION SERVICE THAT
IS CUSTOMIZED TO YOUR STATE

APPROPRIATE FOR AGES
13 AND UP



THE OBISSS USES:

ESTABLISHED TOOLS

THE OHIO STATE UNIVERSITY TBI-
IDENTIFICATION METHOD
(OSU TBI-ID)

SYMPTOMS QUESTIONNAIRE FOR
BRAIN INJURY (SQBI),

THE OSU TBI-ID METHOD:



PROVIDES A WAY TO ESTIMATE IF THERE IS A LIKELIHOOD THAT CHALLENGES OR CONSEQUENCES EXIST FROM ONE'S LIFETIME EXPOSURE TO BRAIN INJURY.

THE SQBI ASSESSES THE FOLLOWING AREAS:



- MEMORY
- PROCESSING
- ATTENTION

- INHIBITION
- PHYSICAL AND
SENSORIMOTOR
CHALLENGES
- LANGUAGE

- ORGANIZATION
- MENTAL
INFLEXIBILITY
- EMOTIONAL
DYSREGULATION



THE OBISSS GATHERS:

USEFUL DEMOGRAPHIC DATA
TO MAKE COMPARISONS AND
INFORM PROGRAMS



THE OBISSS PROVIDES:

**TIP SHEETS THAT INCLUDE
STRATEGIES TO ASSIST WITH
CHALLENGES ASSOCIATED WITH
BRAIN INJURY**

**THE TIP SHEETS ARE
GIVEN TO THE PARTICIPANT AND
THE PROVIDER**

MULTIPLE LEVELS OF DATA

INDIVIDUAL DATA

- Helps identify someone with a potential brain injury.
- Helps improve services and service delivery for individuals to reduce intervention time, frustrations, and service barriers.

SUBSCRIBER DATA

- Assists in improving programming and indicates state-wide or organization-wide needs.

NATIONAL DATA

- Helps determine where resources are needed.
- Compares program data to other participating programs.

WHAT IS NEEDED TO GET STARTED?

INTERNET ACCESS ON COMPUTER OR MOBILE DEVICE

LINK OR QR CODE TO THE OBISSS

LOGIN INFORMATION

PROVIDER EMAIL ADDRESS

*A paper copy is available when access to a device or internet is unavailable.

LEVELS OF ADMINISTRATION

Participant-led: Individual takes the OBISSS independently.

Provider-assisted: Provider is present for support and questions.


Provider-led: Provider administers the screener to the participant.

Choosing the appropriate level based on participant ability; Screen within first 2 -3 encounters.

THE OBISSS HAS ACCESSIBILITY FEATURES



ENLARGE TEXT & TEXT-TO- SPEECH

 NATIONAL ASSOCIATION
OF STATE HEAD INJURY
ADMINISTRATORS

[Returning?](#)

AAA
🔊 + 🗲

Welcome

What is the OBISSS?
The OBISSS (Online Brain Injury Screening and Support System) is a tool that allows you to answer questions, review your history for a brain injury and learn about possible related challenges.

Please complete the questions below with your information (or the information of the participant) the best that you can.

Page 1 of 1

Enter the email address of the person who asked you to complete this screener. This should be the professional working with you.:

* must provide value

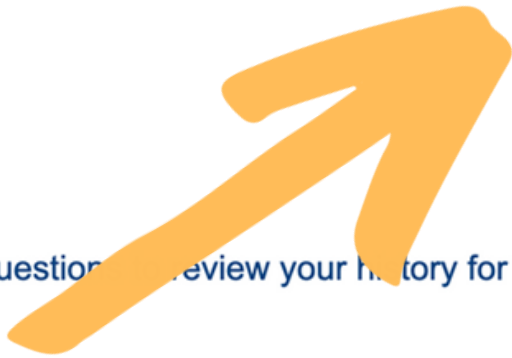
Which State do you live in or which State directed you to take this screener?

* must provide value

What is your age today?

3 characters remaining

2%



THE OBISSS: ACCESSIBILITY FEATURES

**SAVE &
RETURN
LATER
ON EACH
PAGE**



Welcome

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The OBISSS (Online Brain Injury Screening and Support System) is a tool that allows you to answer questions to review your history for a brain injury and learn about possible related challenges.

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3 characters remaining

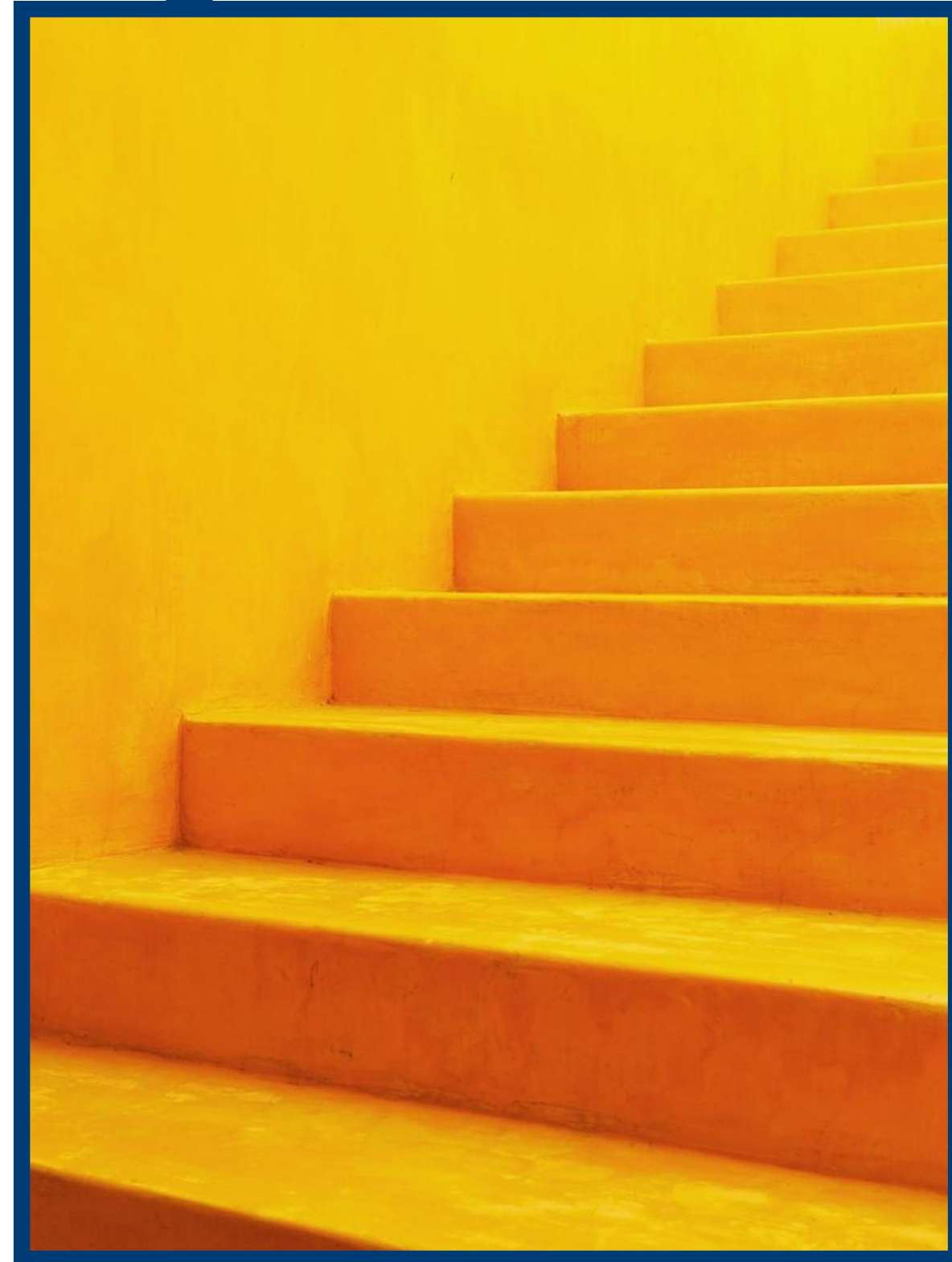


Submit

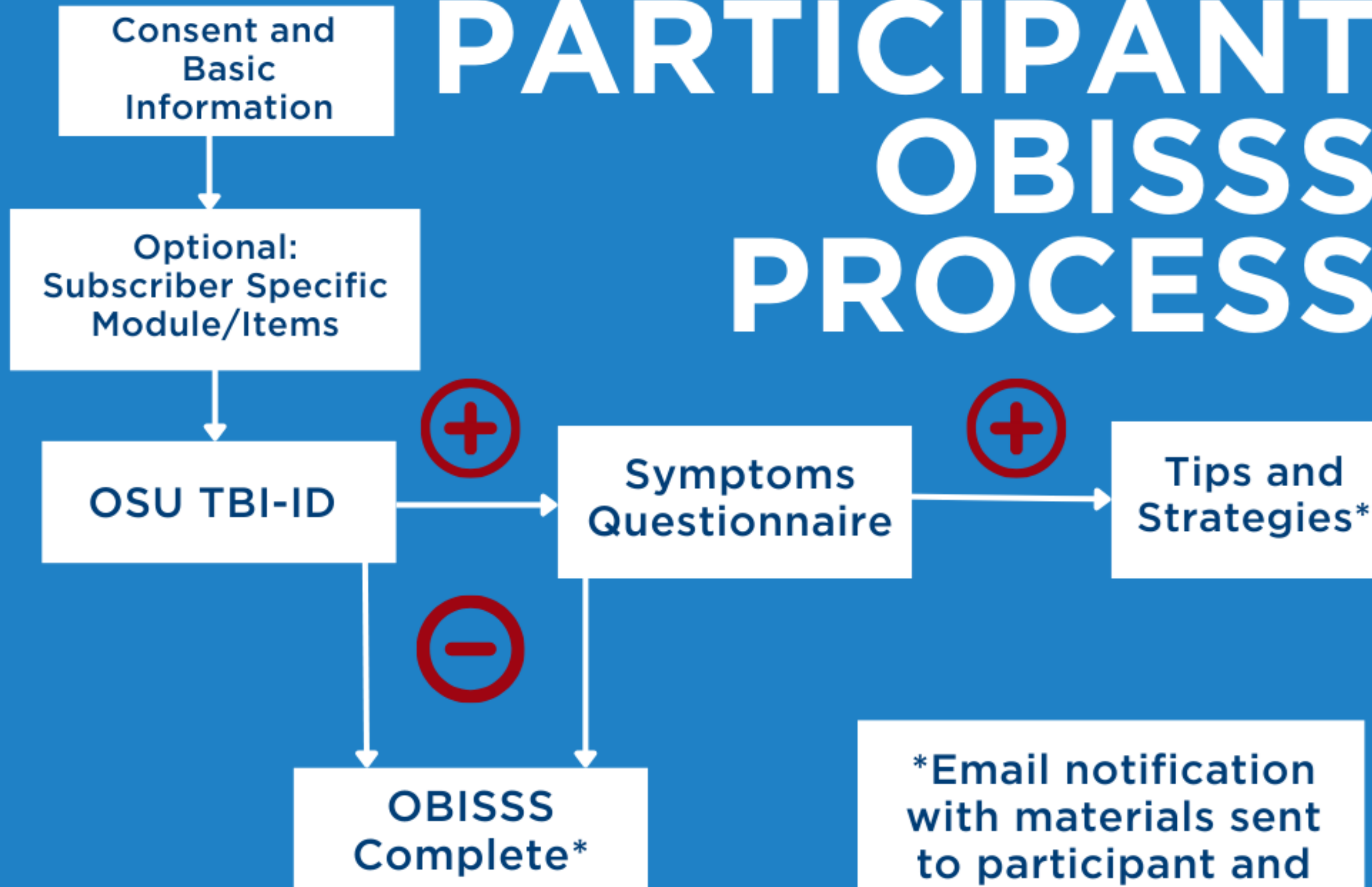
Save & Return Later

THE OBISSS: ACCESSIBILITY FEATURES

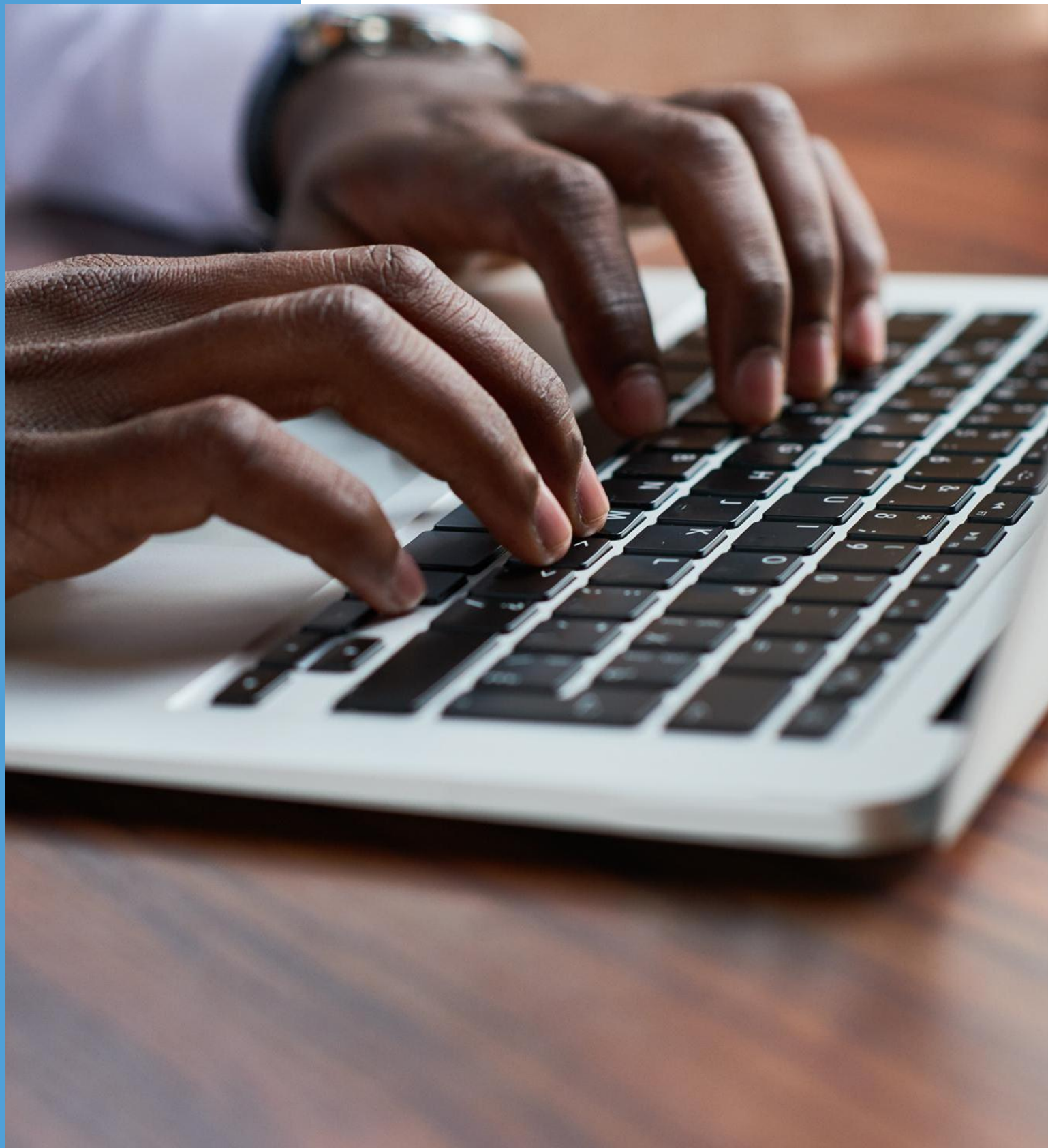
STEPS TO THE OBISSSS



PARTICIPANT OBISSS PROCESS



*Email notification with materials sent to participant and provider



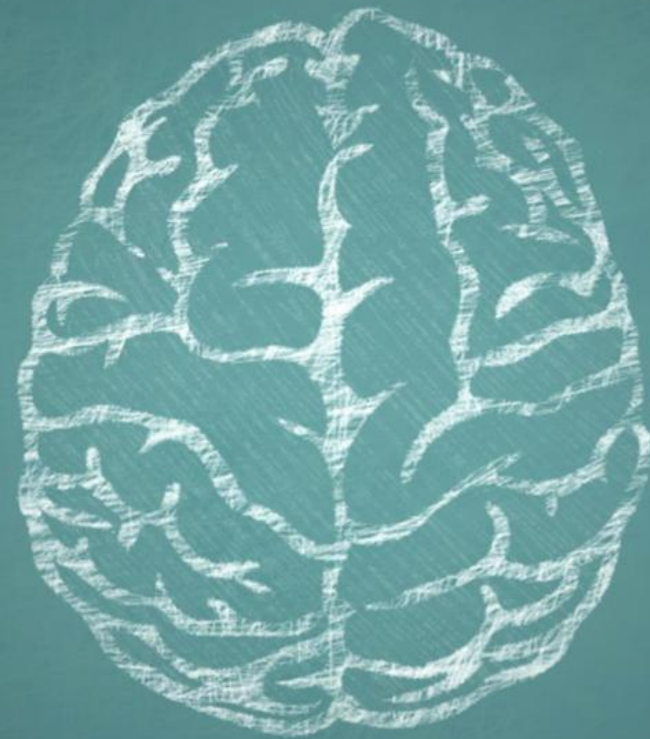
WHAT NEXT?

AS A PROVIDER, PLEASE INSTRUCT THE PARTICIPANT TO CHECK THEIR EMAIL FOR THE RESULTS OR PROVIDE THE RESULTS TO THEM IF THEY DO NOT HAVE EMAIL ACCESS

IF THE PARTICIPANT HAS AREAS OF CHALLENGE INDICATED IN THE SYMPTOM QUESTIONNAIRE, PLEASE USE THE PROVIDER STRATEGIES TO ASSIST IN SERVICE DELIVERY.



Professional Guidebook: Strategies for Managing Brain Injury Challenges in Adults



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MINDSOURCE Brain Injury Network, 2022

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- 1 Strategies for Memory Challenges/Ways to Remember Information
- 2 Strategies for Delayed Processing/Ways to Understand Information
- 3 Strategies for Challenges with Attention/Ways to Help with Attention
- 4 Strategies for Impulsivity/Ways to Think Before Acting
- 5 Strategies for Physical and Sensorimotor Challenges/Ways to Manage Physical and Sensory Changes
- 6 Strategies for Language Challenges/Ways to Understand and Use Language
- 7 Strategies for Organizational Challenges/Ways to Organize Time and Activities
- 8 Strategies for Mental Flexibility Challenges/Ways to Think and Respond
- 9 Strategies for Emotional Dysregulation/Ways to Manage Emotions
- ✓ Checklist for Better Sleep

4

Strategies for Impulsivity/ Ways to Think Before Acting

Impulsivity is the conscious or unconscious inability to suppress or refrain from engaging in an action or thought. Impulsive behaviors are unplanned, may be risky or dangerous, and are often carried out without thinking about the consequences. Individuals with impulsivity challenges may appear inconsiderate, thoughtless, or sensation seeking. They may have difficulty following instructions when completing tasks, may interrupt others when speaking, or may dominate conversations in both individual and group settings. The use and repeated practice of the following suggestions can be helpful:

1. If the participant appears distracted or unfocused, you can use a grounding exercise to return their attention to the room. For example, ask the participant to describe the chair they are sitting in (or some other small object from the room) in great detail for 60 seconds. Have them tell you about the texture, shape, temperature, and physical features of the chair or object.²¹
2. Make paper available during meetings and encourage the participant to write down their comments and questions instead of blurting them out. Encourage them to use this practice to avoid talking out of turn. Repetition and reinforcement will build the skill and make it consistent over time.²²
3. To minimize conversational disruptions in group settings, ask the participant to silently repeat question(s) to themselves before offering an answer.²³
4. Breathing techniques can help to relax or de-escalate the participant when they are feeling out-of-control. A simple exercise that you can do with the participant is have them focus on their breathing for 60 seconds. Instruct the participant to breathe in through their nose, hold their breath for 6 seconds, and then breathe out through their mouth.²⁴
5. When giving the participant any assignment, prompt them to create a checklist or write down step-by-step instructions to take home with them.²⁵
6. You can use brief mindfulness exercises during your meetings to help the participant fight off urges that may be caused by stress. For example, use the “Five Senses Exercise” and have the participant do the following: find five things in the room that you can see; find four things in the room that you can feel; notice three things in the room that you can see; identify two things in the room that you can smell; focus on one thing in the room that you can taste.²⁶
7. Poor sleep can contribute to impulsivity. You can review the attached sleep checklist with the participant to help promote better sleep habits.

Compiled by E. Halbert, K. Janicke, & T. Morgan March 11, 2019.

²¹ Farrell, D., & Taylor, C. (2017). The teaching and learning of psychological trauma – A moral dilemma. *Psychology Teaching Review*, 23(1), 63-70.

²² LaCount, P., Hartung, C., Shelton, C., & Stevens, A. (2018). Efficacy of an organizational skills intervention for college students with ADHD symptomatology and academic difficulties. *Journal of Attention Disorders*, 22(4), 356 – 367.

²³ Colorado Department of Education. (2018). *Brain injury in children and youth: A manual for educators*. Denver, CO: Colorado Department of Education.

²⁴ Hoffman, S. G., & Gómez, A. F. (2017). Mindfulness-based interventions for anxiety and depression. *Psychiatric Clinics of North America*, 40(4), 739-739.

²⁵ Colorado Department of Education. (2018). *Brain injury in children and youth: A manual for educators*. Denver, CO: Colorado Department of Education.

²⁶ Ackerman, C. (2019). 22 mindfulness exercises, techniques, & activities for adults. Retrieved from <https://positivepsychologyprogram.com/mindfulness-exercises-techniques-activities#mindfulness-interventions-techniques-worksheets>.

4

Ways to Think Before Acting

Impulsivity is when you find it hard to think before you act or say something. You might notice yourself cutting someone off before they finish talking or doing the first thing that comes to mind. You may also find it hard to control your emotions and show them in a way that others will understand. Even though these behaviors are not on purpose, it can be frustrating if you find yourself getting in trouble for your actions. Using and practicing the following suggestions can be helpful:



1. Stop → Think → Act! When you notice yourself acting on the first thing that pops into your mind, STOP and count to 3 while you think about the possible outcomes of what you are about to do before you do it.
2. Breathing techniques can help you relax when you are feeling out-of-control. A simple exercise that you can do is focus on your breathing for 60 seconds. Breathe in through your nose, hold your breath for 6 seconds, and then breathe out through your mouth.
3. Wait until others have finished talking before sharing your thought. If you find yourself disrupting conversations, try silently repeating the question(s) to yourself before offering an answer. This can help you avoid cutting others off when they are speaking.
4. If you find it hard to stay focused in any setting, physical or mental breaks can help. For example, try going for a short walk to take a break and refocus.
5. When working with others in a group setting, bring a notepad with you to write down your thoughts as they pop into your head. This can help avoid any interruptions that may have been caused by speaking out of turn.
6. Write down step-by-step instructions or create a checklist to help yourself complete tasks or instructions.
7. Poor sleep can contribute to impulsivity. You can review the attached checklist for better sleep to help promote better sleep habits.

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WHY USE THE OBISSS?

KNOWING ABOUT THE EXISTENCE OF BRAIN
INJURY AND WHAT STRATEGIES TO USE...



**SAVES TIME
THROUGHOUT ONE'S
WORK WITH A
PARTICIPANT**



**ELIMINATES
FRUSTRATIONS FOR
BOTH PROVIDER AND
PARTICIPANT**



**IMPROVES
COMMUNICATION
AND SERVICES**



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