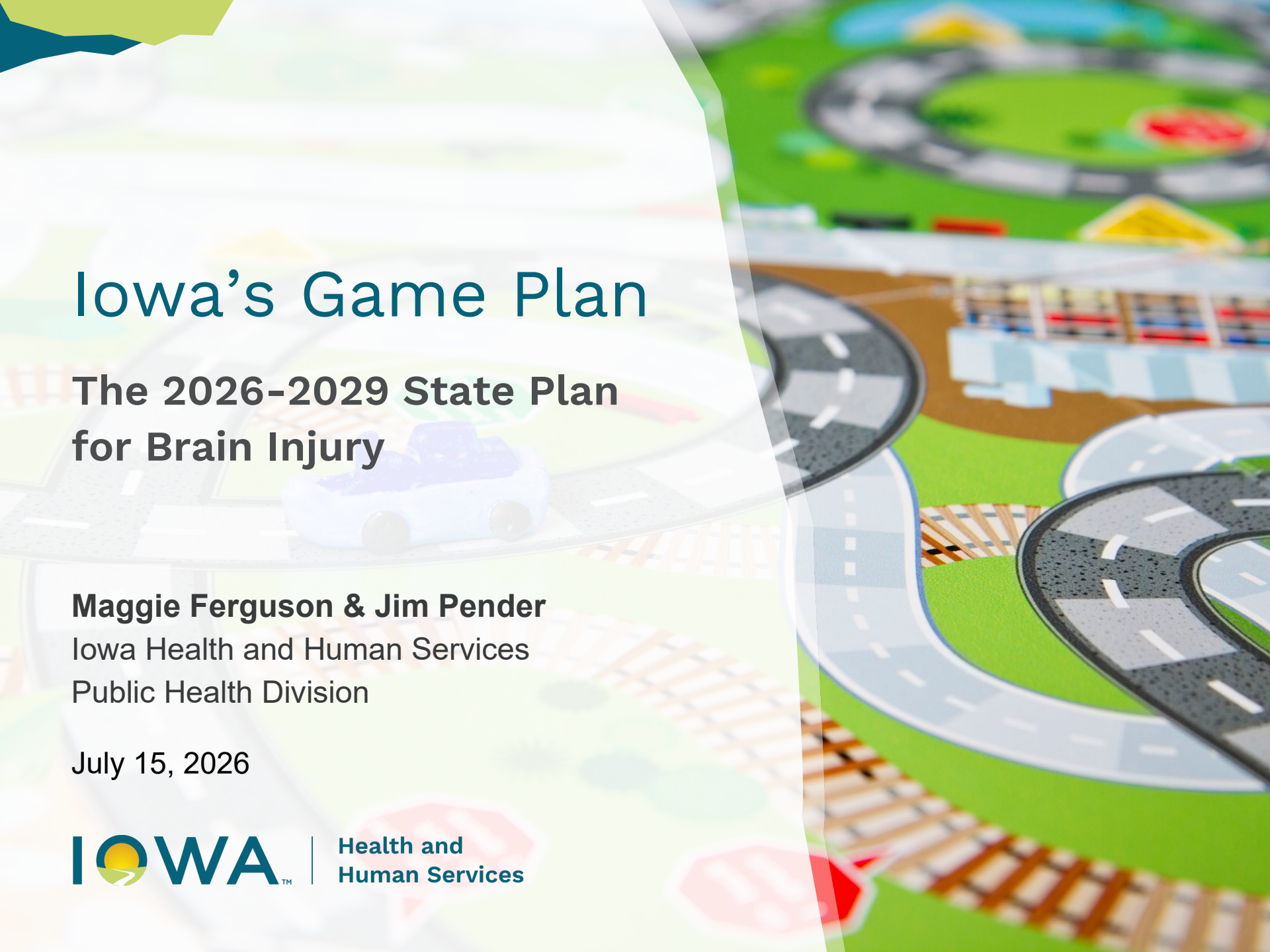




Iowa's Game Plan

The 2026-2029 State Plan for Brain Injury

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Health and
Human Services

What is a State Plan for Brain Injury?

- ▶ Guide for statewide efforts related to systems change and prevention
- ▶ Developed using Iowa data and stakeholder input
- ▶ Required by the Traumatic Brain Injury Act as a component of a federal grant from the Administration for Community Living

Iowa Brain Injury Data

Source: Iowa HHS

Incidence of Traumatic Brain Injury (TBI)

In 2023, there were **more than 8,586 TBI** cases in Iowa

This included:

- 697 deaths (18.8 per 100,000 population)
- 6,821 emergency department visits (211.0 per 100,000 population)
- 1,068 hospitalizations (28.9 per 100,000 population)

This did not include:

- Non-traumatic brain injuries, such as brain injury caused by stroke, infection, cancer, etc.
- Injuries seen in primary care, urgent care or other settings
- Injuries that weren't treated

Mental Health & Brain Injury

Frequent mental distress

- ▶ 1 in 5 Iowans with BI **vs.** 1 in 10 without BI

Depressive disorder

- ▶ 1 in 4 Iowans with BI **vs.** 1 in 6 without BI

Significant Data Findings

Falls are a leading cause of brain injury,
followed by motor vehicle crash

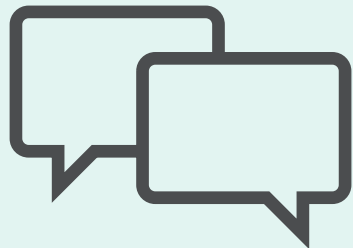
There is a relationship between brain injury
and behavioral health challenges

Brain injury during adolescence has a
relationship with later in life substance misuse

Iowa Community Input

Source: Brain injury listening sessions & online surveys

Iowa-based data sources



**Listening
Sessions**



Surveys

2025 Listening Session Feedback

Summary of strengths and weaknesses



- ▶ Resource facilitation
- ▶ Support networks
- ▶ Specialty services; hospital and rehabilitation services
- ▶ Education and training
- ▶ Growing awareness



- ▶ Wait lists and HCBS waiver services access
- ▶ Managed care case management
- ▶ Navigating services
- ▶ Medical knowledge gaps
- ▶ Housing and transportation

2025 Listening Session Feedback

Summary of opportunities and threats



- ▶ Public education/ awareness campaigns
- ▶ Provider training
- ▶ Support services expansion
- ▶ Simplified communication
- ▶ Policy changes
- ▶ Non-technology access options
- ▶ Caregiver and peer support
- ▶ Planning for employment and reentry



- ▶ Medicaid cuts and policy changes
- ▶ Work requirements
- ▶ Stigma and hidden nature of brain injury
- ▶ Technology reliant systems
- ▶ Loss of services
- ▶ Provider shortages
- ▶ Complexity of benefits system

Survey Results—Most Useful

Survivors

- ▶ Rehabilitation services
- ▶ Counseling/mental health support
- ▶ Gov. assistance
- ▶ Information about brain injury
- ▶ Support groups

Care Partners

- ▶ Rehabilitation services
- ▶ Financial assistance
- ▶ Gov. assistance
- ▶ Information about brain injury
- ▶ Home & community-based services
- ▶ Counseling/mental health support

Paid Professionals

- ▶ Rehabilitation services
- ▶ Government assistance
- ▶ Financial assistance
- ▶ Counseling/mental health support
- ▶ Employment support & job training

Survey Results—What Could Improve Lives

Survivors

- ▶ Increased funding for brain injury services
- ▶ Increased availability of brain injury specialty services
- ▶ More services and/or financial support closer to time of injury
- ▶ More support for caregivers & families

Care Partners

- ▶ More support for caregivers & families
- ▶ Increased funding for brain injury services, like the waiver
- ▶ Increase availability of brain injury specialty services
- ▶ More options for community-based support services
- ▶ Access to time-limited financial support

Paid Professionals

- ▶ Increased funding for brain injury services, like the waiver
- ▶ More options for community-based support services
- ▶ Access to time-limited financial support needs related to brain injury
- ▶ Increased availability of brain injury specialty services

Iowa's State Plan for Brain Injury

Developed in partnership with the
Iowa Brain Injury Advisory Committee



Health and
Human Services

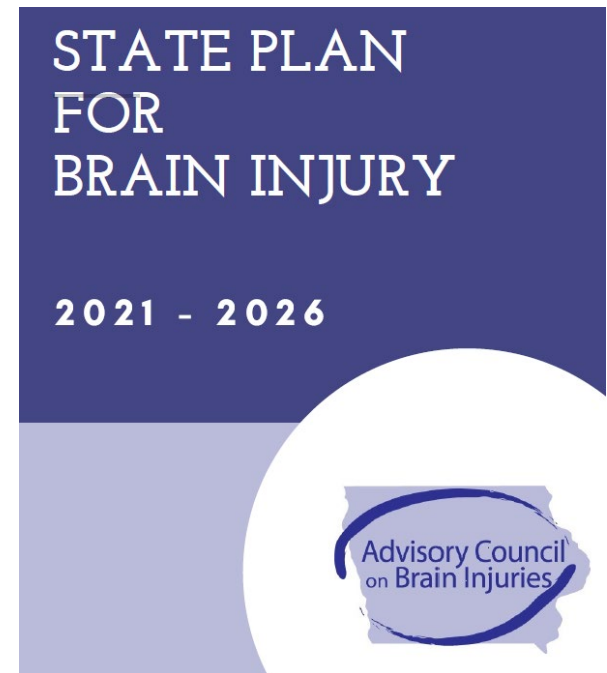
Brain Injury Advisory Committee

Mission

To help Iowans by **suggesting system changes** that can **stop brain injuries** from happening and **make things better** for those who already have one.

Previous State Plan

- ▶ Included four priority areas
 - Individual & Family Access
 - Service System Enhancements
 - Prevention
 - Awareness & Education
- ▶ Used by the Advisory Committee, the Brain Injury Program, partners, decision makers and others to guide their work
- ▶ Available at <https://tinyurl.com/IowaBIplan>



Updates for 2026-2029

Reduced time period from
five years to three years

Focus Areas updated to:

- Service Delivery
- Prevention



Service Delivery

1. Evaluate the delivery of brain injury services in Iowa.
2. Strengthen brain injury screening, service coordination and workforce capacity.
3. Increase timely access to medical and community-based services.

Prevention

4. Strengthen partnerships with Iowa HHS programs.
5. Reduce preventable brain injuries using evidence-based practices.
6. Improve concussion prevention and management.
7. Raise awareness about non-traumatic and traumatic brain injuries and their causes.

Next Steps

The State Plan as a Living Document

What's next?

Implement and Monitor Action Plan

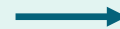
- ▶ The state plan is a living document. Changes may occur throughout the three-year period based on feedback.
- ▶ Progress will be reported annually.

Promote Engagement

- ▶ Disseminate reports
- ▶ Promote meetings of the Advisory Committee
- ▶ Recruit new advisory committee members

Learn more at:

<https://tinyurl.com/iowaBICommittee>



How You Can Get Involved



<https://forms.office.com/g/FyierF4HNX>



Apply to be a member of the Advisory Committee



Attend meetings



Provide feedback

Questions?

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