

# Traumatic Brain Injury March, 2023

## Factsheet



March is Brain Injury Awareness Month: SDMFC proudly introduces our guest speakers and resources on TBI and our military families. Additional resources can be found here:

<https://sdmilitaryfamily.org/march-2023-convening/>

### Speakers



**Dr. Jennifer Belding**

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**Roslyn Knox**

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**Amanda Lee**

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🌐 [BrainBalanceSanDiego](http://BrainBalanceSanDiego)

## Did you know? TBI Data

There are 4 different qualifications of TBI:

- Concussion/Mild TBI
- Moderate TBI (Last more than 24 hrs)
- Severe TBI (last >24 hrs, less than 7 days)
- Penetrating TBI or open head injury

## How is TBI Treated?

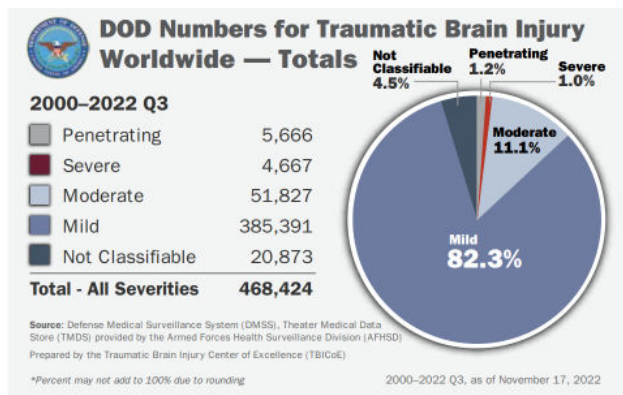
If your brain has been injured, you may need treatment and rehabilitation. This might include:

- Physical and Occupational Therapy
- Speech and language therapy
- Counseling
- Social support and support groups
- Medicines

## Where to Get Help

- San Diego Brain Injury Foundation
  - 619-294-6541
- Southern Caregiver Resource Center
  - 858-262-4432
- Exceptional Family Resource Centers
  - 800-281-8252
- Brain Injury Association of America
  - Call: 1-800-444-6443
- National Association of State Head Injury Admin.
  - <https://dor.ca.gov/Home/TraumaticBrainInjury>
  - (916) 558-5866
- Military Health System's Traumatic Brain Injury Center of Excellence
  - <https://health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence>

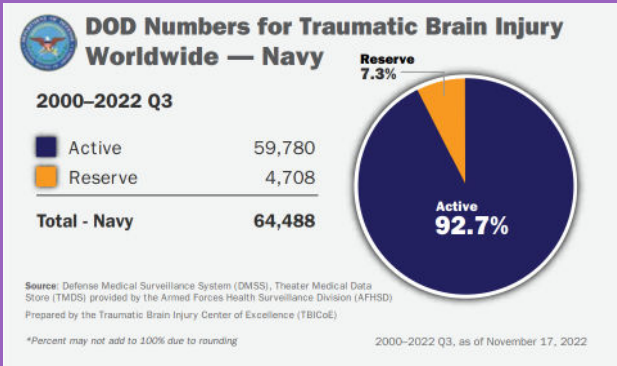
## By the numbers:



If you or someone you know talks about suicide, self-harm, a mental health crisis, a substance use crisis, or any other kind of emotional distress, get help right away.

- Call the Suicide and Crisis Lifeline at 988.
- Call 1-800-273-TALK (1-800-273-8255).
- Text HOME to 741741 to access the Crisis Text Line.

# Navy



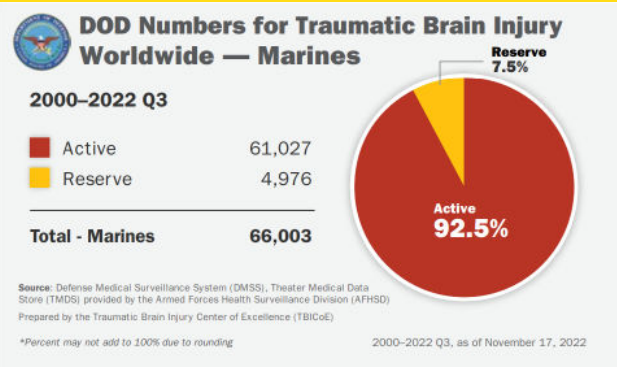
Service	Component	Severity	Diagnosed
Navy	Active	Penetrating	671
		Severe	557
		Moderate	7,204
		Mild	49,092
		Not Classifiable	2,256
	Reserve	Penetrating	52
		Severe	36
		Moderate	532
		Mild	3,922
		Not Classifiable	166

2000–2022 Q3, as of November 17, 2022

Source: Defense Medical Surveillance System (DMSS), Theater Medical Data Store (TMDS) provided by the Armed Forces Health Surveillance Division (AFHSD).

Prepared by the Traumatic Brain Injury Center of Excellence (TBICoE)

# Marines



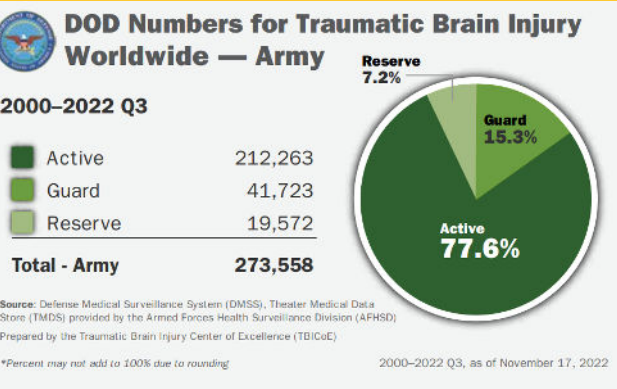
Service	Component	Severity
Marines	Active	Penetrating
		Severe
		Moderate
		Mild
		Not Classifiable
	Reserve	Penetrating
		Severe
		Moderate
		Mild
		Not Classifiable

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# Army



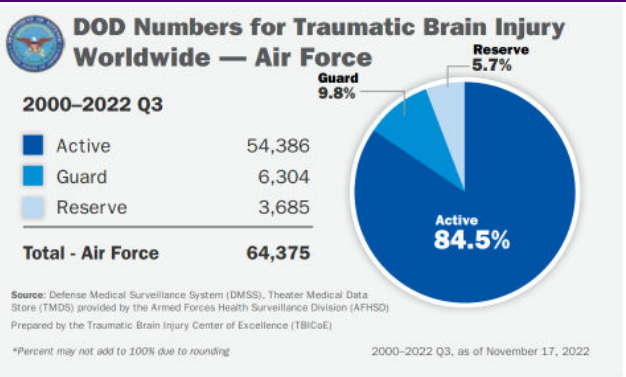
Service	Component	Severity	Diagnosed
Army	Active	Penetrating	2,717
		Severe	2,135
		Moderate	22,885
		Mild	173,034
		Not Classifiable	11,492
	Guard	Penetrating	534
		Severe	420
		Moderate	1,335
		Mild	34,191
		Not Classifiable	2,243
	Reserve	Penetrating	185
		Severe	201
		Moderate	2,081
		Mild	15,988
		Not Classifiable	1,117

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# Air Force



Service	Component	Severity	Diagnosed
Air Force	Active	Penetrating	553
		Severe	490
		Moderate	5,776
		Mild	46,257
		Not Classifiable	1,310
	Guard	Penetrating	59
		Severe	49
		Moderate	755
		Mild	5,290
		Not Classifiable	151
	Reserve	Penetrating	34
		Severe	30
		Moderate	449
		Mild	3,078
		Not Classifiable	94

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