

**Columbus City Schools  
Traumatic Brain Injury Project Team:**

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Columbus City Schools Health and  
Community Services  
Kate King, Director  
365-5824

The Ohio State University Medical  
Center – Concussion Clinic/ Sports  
Medicine and Rehabilitation  
293 – 1622

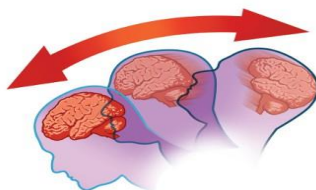
Nationwide Children’s Hospital  
Concussion Clinic  
722-5054

Nationwide Children’s Hospital Sports  
Medicine  
355 - 6000

**IF YOU WOULD LIKE  
MORE INFORMATION ON  
HOW YOUR SCHOOL  
CAN HELP PLEASE CALL**

The Columbus City Schools  
Psychological Services  
Hudson Distribution Ctr.  
737 E. Hudson St.  
Columbus, OH 43211  
365-5220

**RESOURCES:**  
<http://www.getschoolledonconcussions.com>  
<http://www.healthy.ohio.gov/vipp/concussion.aspx>



***District Mission:***  
***Each student is highly  
educated, prepared  
for leadership and  
service, and empowered  
for success as a  
citizen in a global  
community***



**Columbus City Schools  
Traumatic Brain Injury  
Project & School Based  
Concussion Management  
Program**

*Columbus City Schools &  
Disability Rights Ohio have  
partnered to create a project  
to increase*

- **awareness** about *Traumatic Brain Injury*,
- **educate** others about *Traumatic Brain Injury* and to better identify and
- **support** students with *Traumatic Brain Injury*.

## **WHAT IS A TBI?**

A TBI is an acquired injury to the brain caused by external physical force or by other medical conditions, such as stroke, anoxia, infectious disease, aneurysm, & brain tumors. A **concussion** is considered a brain injury.



## **WHAT IS A CONCUSSION?**

A concussion is a type of TBI caused by a blow or jolt to the head. The injury can range from mild to severe and can disrupt the way the brain normally works.

## **SIGNS AND SYMPTOMS of CONCUSSION:**

- Nausea (feeling that you might vomit)
- Dizziness or balance problems
- Double or fuzzy vision
- Sensitivity to light
- Headache
- Feeling sluggish or tired
- Feeling foggy or groggy
- Confusion
- Possible loss of consciousness
- Trouble concentrating/ attention
- Trouble remembering
- Irritability/ mood differences

## **IF YOUR CHILD HAS HAD A CONCUSSION:**

- Never ignore a bump to the head
- Tell the coach, parent, trainer, or school nurse
- Ask to be taken out of the game
- Pay attention to physical changes
- Watch out for thinking problems
- Talk to parents or teachers
- Get plenty of rest
- **See health care professional**
- Return to play only **AFTER** your brain is healed and your health care professional says it's OK.

## **WHAT SUPPORT IS AVAILABLE FOR MY CHILD?**

**If your son/ daughter has had a head injury, please contact a TBI Project Team Member or your school's nurse. You may request an IAT, Intervention Assistance Team, meeting with the school. The team will discuss the concerns and needs of your child and develop a support plan.**

## **EXAMPLES of SUPPORT:**

- **Intervention Plan**
- **Modification / Accommodation Plan** (could include restrictions recommended by your doctor, extra time to complete work, pass to nurse's office to rest, etc...)
- **Medical Plan**
- **504 Plan**
- **Referral for a suspected disability and multi-factored evaluation and if eligible Special Education Services**
- \* **All plans are individualized to meet the needs of each student**

