

Columbus City Schools
Traumatic Brain Injury Project Team:

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Columbus City Schools Health and
Community Services
614-365-5824

The Ohio State University Medical Center –
Concussion Clinic/ Sports Medicine and
Rehabilitation
614-293 – 1622

Nationwide Children's Hospital Concussion
Clinic
614-722-5054

Nationwide Children's Hospital Sports
Medicine
355 - 6000

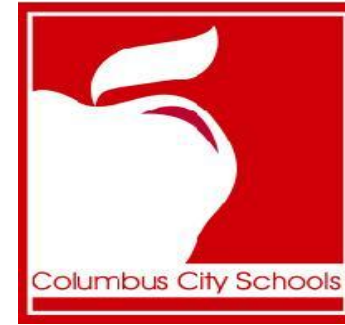
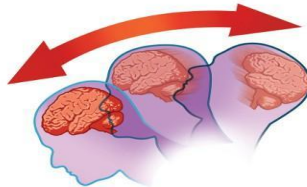
**IF YOU WOULD LIKE
MORE INFORMATION ON
HOW YOUR SCHOOL
CAN HELP PLEASE CALL**

The Columbus City Schools
Psychological Services
Hudson Distribution Ctr.
737 E. Hudson St.
Columbus, OH 43211
614-365-5220

RESOURCES:

<https://www.nationwidechildrens.org/specialties/concussion-clinic/concussion-toolkit>

<https://odh.ohio.gov/know-our-programs/child-injury-prevention/youthconcussions>



**Columbus City Schools
Return to Learn Concussion
Management Program**

*The mission of the TBI Project
and RTL Program is 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 Concussion Team Leader or your school nurse. The team will discuss the concerns and needs of your child and develop a Return to Learn support plan.

EXAMPLES of SUPPORT:

- Return to Learn Plan
- Intervention Plan
- 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

