

## Ventura County CIT Course Outline

### Traumatic Brain Injury (1.5 hours)

- A. Introduces Self and Background
- B. Definition
  - i. Acquired Brain Injury vs. Traumatic Brain Injury
  - ii. Terminology
    - 1. “Survivors” not “Consumers”
- C. Causes
- D. Statistics/ Prevalence
  - i. Car accidents, falls, sports injuries, etc.
  - ii. Returning Veterans
- E. Resources
  - i. Ventura County Brain Injury Center
- F. Typical Problems/Associated Changes
  - i. Memory
    - 1. Long term vs. short term
    - 2. Confabulation
      - a. Not intentionally lying
      - b. Practical example
  - ii. Movement/ Muscular Control
    - 1. Officer safety issues with unexpected movements
    - 2. Inability to be in particular positions such as being handcuffed
  - iii. Five senses affected
  - iv. Communication/Speech
    - 1. May present as being under the influence of drugs
    - 2. May seem adversarial or anxious
    - 3. May “freeze up”
  - v. Executive Functions
    - 1. Thinking, Reasoning, Planning
      - a. Similarity to a mental illness or a developmental disability
    - 2. Getting lost
  - vi. Socially Appropriate Behavior
    - 1. Social Skills
    - 2. Practical example of misdirected interest in children
  - vii. Emotions
    - 1. Not congruent with actions / thoughts
    - 2. Depression
  - viii. Pain
    - 1. Such as when being physically restrained
  - ix. Energy Affected
    - 1. Depressive states
  - x. Seizures
    - 1. Vagus nerve stimulator
  - xi. Depression & Divorce Prevalence

## G. Officer Check List

### i. Effective Communication Strategies

1. Help reduce anxiety levels
  - a. Anxiety impairs memory recall and speech
  - b. Remind them you are there to help
2. Slowing down the pace
3. Small chunks of information
4. One question at a time
5. No compound sentences
6. No sarcasm
7. Words being congruent with non-verbal cues
8. Asking survivor to repeat / rephrase what they said
9. Asking survivor to repeat / rephrase what they heard

### ii. Not confusing symptoms with 647(f) or 11550 behaviors

1. Not under the influence

### iii. Sensitivity to subject

1. They aren't mentally retarded

### iv. Identifying a TBI

1. Tracheotomy scar
2. TBI Card from the Brain Injury Center
3. Medical ID Bracelet

## H. Personal story and illustration of behaviors

### i. Caretaker Stress

## I. Q & A