



Advocacy & Prevention



Education & Training



Social & Recreational



Employment & Vocational



Independent Living

Kansas

**Brain Injury Strategic Plan
2023 - 2027**

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Strategic Plan Summary

Advocacy and Prevention	Social and Recreational Support	Independent Living Services	Employment/ Vocational Services	Training and Education
Goal 1: Enhance self-advocacy skills of individuals living with brain injury	Goal 1: Identify accessible facilities and activities in our communities	Goal 1: Promote person-centered, trauma-informed practices to support workforces, communities, and all types of caregivers	Goal 1: Work with and educate Vocational Rehabilitation about brain injury	Goal 1: Expand learning opportunities for students, workforces, caregivers, and communities
Goal 2: Pursue funding opportunities for awareness education	Goal 2: Promote support groups that are inclusive and available statewide	Goal 2: Enhance caregiver awareness, workforce development, and all aspects of Independent Living	Goal 2: Educate the public about available benefits and working with individuals living with brain injury	Goal 2: Create alliances with organizations to support community education about brain injury prevention
Goal 3: Advocate in Legislative and State Agency Systems			Goal 3: Create awareness of self-employment and volunteer opportunities	
Goal 4: Increase prevention strategies and public education awareness				



Summary/Abstract

Kansas Department for Aging and Disability Services (KDADS), in partnership with the Brain Injury Association of Kansas and Greater Kansas City (BIAKS), and other key stakeholders will, while this five-year project, strengthen person-centered, culturally competent systems of services and supports that maximize independence, well-being, and health for diverse populations with Traumatic Brain Injury (TBI) across the lifespan and their support networks. The objectives are: 1) Increase representation from people affected by TBI on Kansas' existing TBI Advisory board to 50% of board members. Board will be representative of TBI demographics statewide and have formalized operating documents; 2) Explore the outcomes and desires of a statewide TBI Registry; 3) Expand annual seminars and events across the state to educate professionals and persons with brain injury and their families. Seminars will focus on advocacy tools, inter professional collaboration, access to community resources, and outreach to culturally diverse populations; 4) Based on research of best practices, develop a policy to define principles of telehealth to ensure key administrative, clinical, technical, and ensure ethical principles are followed; 5) Resource Facilitation: Analyze, compile and disseminate brain injury resources to be shared with TBI registry participants; 6) Review options for person centered support planning tools and how they will be utilized for Kansans with TBI; 7) Identify ways to expand key TBI information and resources into languages other than English. Explore what these documents are and how they will be translated and where they will be available.

Anticipated outcomes include: 1) an increase in the number of people with TBI receiving Brain Injury (BI) waiver services; 2) creation of a statewide registry where individuals with TBI can access resources by registering; 3) Ensure that TBI education is available throughout the state of Kansas in various formats to meet cultural needs; 4) Define how telehealth can be created and utilized for members with TBI; 5) Research with intent to identify a unified person centered support plan for individuals with TBI; 6) Partner with providers in an effort to develop TBI comprehensive services in the state of Kansas.



Vision: Our vision is to be a conduit of connections and awareness of brain injury in our community.

Mission: Our mission is to improve the quality of life for those affected by brain injury through education, service, and advocacy.

Introduction

Background & Purpose

Traumatic brain injury (TBI) – which is caused by a blow, bump, or jolt to the head – is a substantial public health concern in the United States.¹ According to the Centers for Disease Control and Prevention (CDC), in 2020 there were more than 64,000 TBI-related deaths in the US. That equates to roughly 176 TBI-related deaths every day.²

In Kansas, it was estimated by the Kansas Department of Health and Environment that annually, more than 21,000 Kansans experienced a TBI.³ Additionally, based on a study done by the CDC using National Vital Statistics System mortality data from 2016 through 2018, the TBI-related death rate in Kansas is 21.3 per 100,000 population.⁴ This is 23.1% higher than the U.S. average of 17.3 per 100,000 population.

As part of an initiative through a state TBI grant from the U.S. Department of Health and Human Services, Administration for Community Living (ACL), a statewide brain injury needs assessment was conducted in Kansas in 2022.⁵ The intent was to identify strengths of the brain injury service delivery system in addition to potential gaps. Results were provided to a Brain Injury Advisory Board to develop a statewide plan to address gaps or barriers to service. The previous state plan, which was developed following the needs assessment conducted in 2010, identified four objectives: 1) education; 2) funding; 3) school students; and 4) employment.



Traumatic Brain Injury (TBI) is caused by an external force, such as a sports injury, motor vehicle accident, or fall.

Acquired Brain Injury (ABI) is caused by internal factors, such as a stroke, aneurysm, or lack of oxygen.

Statewide Needs Assessment

The Brain Injury Association of Kansas & Greater Kansas City (BIAK-GKC) and the Kansas Department for Aging and Disability Services (KDADS) contracted with Partners for Insightful Evaluation (PIE) in Lincoln, Nebraska to conduct the statewide brain injury needs assessment. While the focus was on TBI to sufficiently address the needs of the funding, it was expanded to include all types of brain injury to better understand the prevalence of brain injury and the service delivery system.

¹ Centers for Disease Control and Prevention (2022). Surveillance Report of Traumatic Brain Injury-related Deaths by Age Group, Sex, and Mechanism of Injury—United States, 2018 and 2019. Centers for Disease Control and Prevention, U.S. Department of Health and Human Services.

² https://www.cdc.gov/traumaticbraininjury/get_the_facts.html

³ <https://biaks.org/how-biaks-can-help/brain-injury-prevention/>

⁴ Daugherty J, Zhou H, Sarmiento K, Waltzman D. Differences in State Traumatic Brain Injury-Related Deaths, by Principal Mechanism of Injury, Intent, and Percentage of Population Living in Rural Areas - United States, 2016-2018. MMWR Morb Mortal Wkly Rep. 2021 Oct 15;70(41):1447-1452. doi: 10.15585/mmwr.mm7041a3. PMID: 34648483; PMCID: PMC8631284.

⁵ This project was supported, in part by grant number 90TBSG0021-03-02, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy. These materials are based upon work supported by the Kansas Department for Aging and Disability Services.

Primary data collection included three surveys – made available online through a SurveyMonkey link and by paper – and virtual interviews with key state partners (see Figure 1). Secondary data was also utilized to complement the primary data, including programmatic data from the TBI Waiver Program through Medicaid and BIAK-GKC.

Figure 1. A variety of data sources were utilized to conduct the statewide brain injury needs assessment



The three surveys were developed by PIE using data collection tools utilized by other states and in conjunction with BIAK-GKC and KDADS. Feedback was also obtained from the Brain Injury Advisory Council (BIAC), including a feedback session specifically with individuals who have experienced a brain injury. Two of the surveys were translated into Spanish to reach a broader audience, though none of those surveys were completed. Surveys were disseminated in early July 2022 and closed on September 1, 2022.

Results were presented in a series of reports. In addition to each survey having a report summarizing the data from that specific tool, there is also a comprehensive summary of the data compiled. That report includes aggregate data as well as a series of recommendations based on the results. A one-page summary also highlights the key takeaways of the needs assessment. All the results can be requested from BIAK-GKC.

KANSAS 2022 BRAIN INJURY NEEDS ASSESSMENT FINDINGS



Brain Injury Demographics

Top Causes

1. Automobile/motorcycle accident (40%)
2. Fall (27%)
3. Stroke/aneurysm (24%)
4. Loss of oxygen/anoxia (19%)

Occurrence

- More than one-third reported experiencing their first brain injury before the age of 20.
- 33% reported experiencing more than one brain injury.
- 79% were diagnosed with their brain injury less than 3 months after their injury.



"You might qualify for the waiver or be on the waiver, but not really ever get any services, especially in very western Kansas."



Accessing Services

More than half the individuals with brain injury and family member/caregivers had **no or a few difficulties** accessing services (n=111)



Most Utilized Services

1. Primary care provider (79%)
2. Cognitive therapy (77%)
3. Physical therapy (76%)
4. Care coordination/case management (65%)
5. Speech therapy (63%)

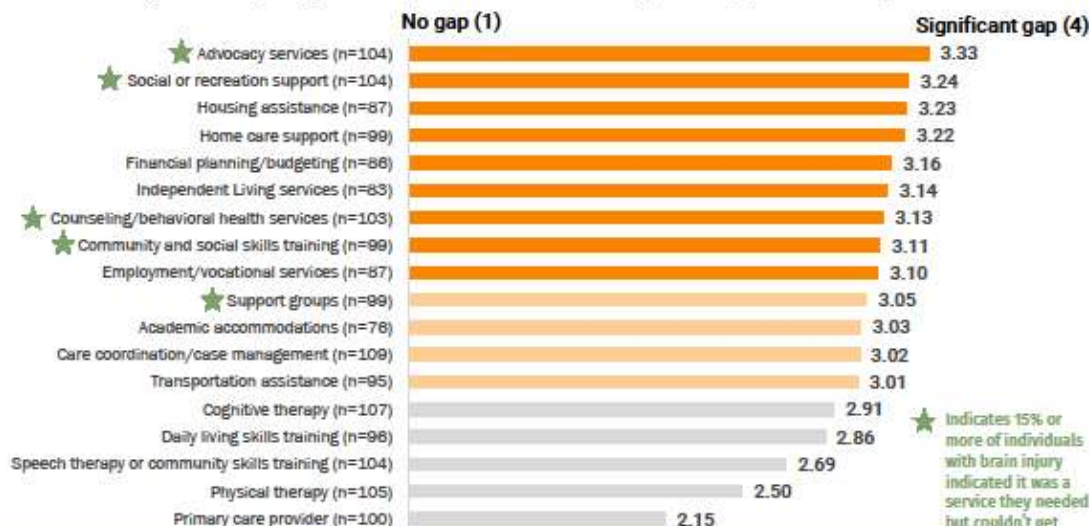


Barriers to Seeking Services



Gaps in Services

Family members/caregivers and providers felt the most significant gap was advocacy services



Statewide Plan Development

Members of the Brain Injury Advisory Board reviewed the needs assessment data to identify the key topics and needs that should be addressed through the Kansas Brain Injury Strategic Plan over the five-year timeframe, 2023 - 2028.

The following sections are included in the Kansas Brain Injury Strategic Plan:

- Priorities are the high-level topic areas that came out of the needs assessment, such as infrastructure development. These were identified as the core areas to focus on within the brain injury service delivery system. Note that the cover of this plan illustrates that each priority is equally important and, therefore, simultaneously addressed during the five-year timeframe.
- Goals are the outcomes that Kansas hopes to achieve through the statewide plan.
- Benchmarks/Measures to Track Progress are additional measures (primarily process indicators) that help assess implementation efforts and progress toward reaching the objectives.
- Key Activities/Action Steps are the specific activities or action steps needed to achieve the goal. It is important to note that the activities included in the plan are not an exhaustive list. These will be modified as needed to reflect current work being done or considered.
- Lead Entity is the organization, workgroup, or committee that will be implementing the activity.
- Supporting Entities are the organizations, workgroups, or committees that will help support the lead entity in carrying out the activity. The list of partners is not exhaustive; these entities may change over time based on capacity, priorities, etc.
- Anticipated Timeline describes when the activity is likely to be carried out – which could be a specific quarter, month, year, etc.

Priority: Advocacy and Prevention

Goal 1: To enhance self-advocacy skills of persons with brain injury.

Activities/Action Steps
Utilize screening tools, such as the Online Brain Injury Screening and Support System (OBISS) through the National Association of State Head Injury Administrators (NASHIA) to ensure appropriate services and length per level of severity are delivered to those living with brain injury
Advocate for the utilization of screening tools beyond the MFEI screening for brain injury to include the severity of the brain injury.
Increase utilization of family and peer support group services, especially for underserved populations
Advocate to increase Transitional Living Services and supports
Advocate for services to individuals who do not meet Brain Injury Waiver eligibility requirements
Identify and collaborate with organizations that provide advocacy for brain injury
Develop cooperative efforts to advocate for individuals living with brain injury
Advocate for market wage and benefits for Personal Care Attendant's
Strengthen Provider network to increase awareness of the need for information about services at onset and throughout the lifespan
Encourage meeting attendance at KDHE Medicaid and Waiver Trainings

Goal 2: Pursue funding opportunities for awareness education.

Activities/Action Steps
Maintain and disseminate current information on brain injury support groups and the survivor/family seminars
Maintain ACL Grants promoting brain injury awareness
Increase education and funding opportunities with hospitals and organizations
Partner with organizations to raise funds to enhance brain injury activities

Goal 3: Advocate in Legislative and State Agency Systems

Activities/Action Steps
Increase participation on Task Forces related to brain injury services and supports
Increase participation in advocacy groups, such as: Provider Advisory Committees, stakeholder committee meetings, etc.
Increase participation in the Bob Bethel Committee by providing testimony regarding brain injury services and supports
Participate in KDADS, KDHE, and Social Security Administration meetings, as applicable
Develop educational materials on how to enroll in brain injury Programs, SSI, SSDI, etc. for individuals living with brain injury
Increase participation in Brain Injury Capitol Hill Day events
Increase participation in Pie Day activities at the Kansas State House

Goal 4: Increase prevention strategies and public education awareness

Activities/Action Steps
Provide concussion education materials to all school districts and sport physical facilities
Develop a list of professional and community groups that will benefit from education materials
Participate in high school career events to educate high schoolers about caring for someone living with a brain injury
Provide education at technical schools about brain injury awareness and prevention



"I deserve a chance,
even if my injury is severe - no matter how long it takes.
Give me that chance - don't leave me behind.
I want to be HOME."

Priority: Social and Recreational Support

Goal 1: Identify accessible facilities and activities in our communities

Activities/Action Steps
Identify accessible facilities and activities and create a guide for organizations to enhance accessibility for individuals living with brain injury
Develop a transportation guide that includes resources, available equipment, and how to cover the expenses
Develop a resource calendar for brain injury activity groups by region
Provide stipends for individuals living with brain injury to participate in their communities
Identify peer support so individuals living with brain injury can attend social events across the State
Identify “Free Ride” transportation for social and recreational outings

Goal 2: Promote support groups that are inclusive and available statewide

Activities/Action Steps
Build and enhance options for statewide brain injury support groups
Expand the use of technology within the current support groups (social media, Zoom, E-Sports, Adaptive Gaming etc.)
Facilitate idea sharing among support groups for activities/outings/community events
Provide educational materials to support groups regarding brain injury programs, resources, benefits, etc.
Invite special speakers to support groups
Ensure that there are support groups for individuals living with brain injury as well as caregivers



“I’m part of your community.
Help me access what brings me joy.
Support accessibility efforts in our
community.”

Priority: Independent Living Services

Goal 1: Promote person-centered, trauma-informed practices to support workforces, communities, and all types of caregivers.

Activities/Action Steps
Encourage those who support brain injury to notify public safety personnel that they reside in the community
Ensure that Crisis Intervention Team (CIT) training is available to all public safety staff
Create “wallet cards” for individuals living with brain injury that include emergency contact information
Fund and distribute Red Cross Emergency “Kits”
Create and disseminate a tip checklist template, including emergency contact and emergency personnel information
Develop and distribute a catalog of materials/publications about how to care for someone living with brain injury
Develop and distribute educational materials about the Kansas Brain Injury Waiver and services

Goal 2: Enhance caregiver awareness, workforce development, and all aspects of Independent Living

Activities/Action Steps
Advocate for paid caregiver training
Provide information about the different types of housing options and availability; e.g., Housing Choice Voucher Program Section 8 – HUD.gov
Advocate for an increase caregiver wages, overtime, and benefits
Provide information about Independent Living Centers and their resources
Ensure that specialized training is available for therapists working in the Brain Injury field
Provide information and steps for individuals to identify their personal support network
Provide support to prevent caregiver burnout

Priority: Employment/Vocational Services

Goal 1: Working with Vocational Rehabilitation (VR) and educating VR about BI

Activities/Action Steps
Identify VR sites throughout the state and create a contact information list
Educate VR counselors about working with individuals living with brain injury
Identify brain injury specialist as VR Counselors
Work with VR to learn how to navigate the VR system and expand the services for individuals living with brain injury
Conduct mini trainings about brain injury, benefits, restrictions, VR, accommodations across the State
In conjunction with VR, create a resource guide to navigate the workforce, with an understanding of need to continue to maintain benefits while working
Work with VR regarding education funding and supports
Ensure that all individuals receive career exploration thru VR
Develop a tool that outlines all resources and information offered thru VR
Ensure that Community Based Assessments are conducted and shared

Goal 2: Educating public about benefits and working with BI

Activities/Action Steps
Conduct regional communities of Practice to discuss brain injury trainings
Conduct presentations at Area Chambers of Commerce about the brain injury populations and available services
Provide materials related to ADA and educate businesses about accommodations needed for individuals living and working with brain injury
Partner with AAA to connect individuals living with brain injury to their liaison program
Educate individuals living with brain injury on questions to ask about available supports
Educate individuals living with brain injury about benefits planning. For example, what is employer based, the difference between short term and long-term disability, when to apply for COBRA and/or FMLA, what is the difference between the employer leave policy vs. government benefits, and how to access HUD Section 8 housing, food stamps, SSI, SSDI, Medicare, Medicaid, etc.

Goal 3: Self-employment and volunteer opportunities

Activities/Action Steps
Explore and promote group activities regarding employment/volunteering
Provide best practices and information to agencies about ideas for volunteering for pre-employment options
Create a self-employment template that assist individuals on how to start their own business while living with a disability
Partner with Self-employment program for veterans to promote supports for those living with BI
Partner with the KS Ticket to Work program to educate public about BI

Priority: Training and Education

Goal 1: Expand learning opportunities for students, workforces, caregivers, and communities.

Activities/Action Steps
Distribute brain injury educational material at Mental Health facilities, as well as contact resources
Provide resources to healthcare students on neurology classes and educate on why they are important
Identify books, podcasts, and online resources related to brain injury; e.g., CBIRT
Provide trainings with law enforcement and emergency management personnel
Educate homeless outreach case managers on brain injury services and supports
Review ways to promote the Kansas No Wrong Door Initiative and Resource Facilitation models

Goal 2: Create alliances with organizations to support community education on BI prevention

Activities/Action Steps
Create and promote a speaker's bureau, including a remote option to conduct presentations
Ensure that the CDC Heads Up Concussion Education materials are distributed to coaches, teams, clubs, YMCA, etc.
Partner with the Kansas Department of Motor Vehicle to distribute educational materials about concussion awareness and the importance of wearing a helmet while riding a bicycle or motorcycle
Distribute educational materials on the importance of not texting while driving
Promote the importance of wearing a seatbelt while in a moving vehicle (convincer program)
Partner with The Research Foundation and its ThinkFirst program to increase brain injury awareness
Establish and enhance partnerships with organizations such as MADD, SAMSHA, etc.

For more information and to participate on the BI Advisory Board or in the implementation of the Kansas Brain Injury Strategic Plan, contact:



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