



Closing Words of Encouragement

Because you are reading these words, it means that you have checked out at least some of the content of this workbook. We hope whatever you have found so far has been helpful to you. We also hope that you will pick up and review the workbook again.

Even if you have worked your way through all the chapters of this book in detail, it would not be surprising if you have not yet made your life the way you would like it.

A well-known philosopher once said that you could be the smartest person in the world and not reach your goals without one special ingredient for success: persistence. We want to encourage you to keep working on your goals as long as it takes to get the life you want and deserve.

Remember what we have mentioned throughout the workbook: almost everyone gets support from others to succeed at anything. If you have not built a support team yet (or your team is just one other person) building a bigger support team is a good thing to focus on right away.

Best wishes for a healthy and satisfying life.

You can do it!

Sincerely,

The Second Edition Team



Appendix: Additional Resources



National Websites with Information Related to Brain Injury

<https://www.subi.ca/> The Substance Use and Brain Injury Bridging Project coordinates interdisciplinary management of individuals living with both acquired brain injury and problematic substance use. Additional resources and materials are available through the project website.

www.nashia.org The National Association of State Head Injury Administrators provides information, training and advocacy on national trends, best practices, and state contacts on behalf of state employees supporting public brain injury programs.

<https://www.brainline.org/> BrainLine is a national multimedia project offering information and support to anyone whose life has been affected by brain injury or PTSD: people with brain injuries, their family and friends, and professionals.

<https://www.cdc.gov/traumaticbraininjury/index.html> The Centers for Disease Control and Prevention is the nation's leading science-based, data-driven, service organization that protects the public's TBI health.

<https://msktc.org/tbi> The Knowledge Translation Center works closely with researchers in the 16 TBI Model Systems to develop resources for people living with traumatic brain injuries and their supporters.

www.samhsa.gov The Substance Abuse and Mental Health Services Administration is the national US agency that leads public health efforts to advance behavioral health and reduce the impact of substance abuse and mental illness on America's communities.

<https://www.biausa.org/> The Brain Injury Association of America and chartered state affiliates advance brain injury awareness, research, treatment, and education to improve the quality of life for all people affected by brain injury.

<https://usbia.org/> The US Brain Injury Alliance Members are united in a common mission to engage the community in preventing brain injury and improving lives.



Other Manuals and Factsheets

Substance Abuse and Mental Health Administration (SAMHSA)

SAMHSA ATTC Addictions Toolkit: <https://attcnetwork.org/centers/mid-america-attc/home>

SAMHSA Advisory-Treating Patients with TBI:
https://static1.squarespace.com/static/5eb2bae2bb8af12ca7ab9f12/t/6155bcbf0f93b66066c274f2/1633008831964/SAMHSA-TBI-Advisory-FINAL+508_081921.pdf

The Ohio State University at Wexner Medical Center: Brain Injury Program

The Effect of Substance use and TBI: <https://wexnermedical.osu.edu/-/media/files/wexnermedical/patient-care/healthcare-services/neurological-institute/departments-and-centers/research-centers/ohio-valley/for-professionals/substance-abuse-and-tbi/the-effects-of-substance-use-and-tbi.pdf?la=en&hash=05C182391D3598054E98DA190DD1409C86CB2080>

Accommodating the Symptoms of TBI: <https://wexnermedical.osu.edu/-/media/files/wexnermedical/patient-care/healthcare-services/neurological-institute/departments-and-centers/research-centers/ohio-valley/for-professionals/accommodating-symptoms/accommodating-tbi-booklet-1-14.pdf?la=en&hash=175F7559BA27362695DDBC8121A89C85F794F4D0>

Suggestions for Substance Abuse Treatment Providers Working with Persons Who Have Limitations in Cognitive Abilities: <https://wexnermedical.osu.edu/-/media/files/wexnermedical/patient-care/healthcare-services/neurological-institute/departments-and-centers/research-centers/ohio-valley/for-professionals/substance-abuse-and-tbi/suggestions.pdf?la=en&hash=E6C72EAD7892CFD0AE7A08AD05F87D8D7359AEDC>

INROADS (Intersecting Research on Opioid Misuse, Addiction, and Disability Services)-Brandeis University

Supporting People with Disabilities and Opioid Use Disorders: A Guide for Providers: <https://heller.brandeis.edu/ibh/pdfs/inroads-oud-disability-provider-guide.pdf>

Opioid Use Among People with TBI: <https://heller.brandeis.edu/ibh/pdfs/inroads-oud-tbi.pdf>

Opioid Use Disorder Among People with Disabilities Fact Sheet – Medication Treatment: <https://heller.brandeis.edu/ibh/pdfs/inroads-mt-pwd-4-1-2019-final.pdf>

