Mild Traumatic Brain Injury
- Glasgow Coma Score 13 – 15
- Loss of consciousness for less than 30 minutes
- Amnesia lasting less than 24 hours
- No alteration of mental state at time of injury

Significance
- 1.7 million TBIs in the U.S. each year; 80% are considered mild (Caplan et al., 2010; Summerall, 2015)
- $17 billion in mTBI costs per year (National Center for Injury Prevention and Control, 2003)
- 5-15% of mTBI survivors continue to have symptoms more than one year post injury (Caplan et al., 2010; Control, N.C.I.I.Pa., 2003)
- Most common cognitive deficits include: attention, recall, and executive functioning (EF) (Caplan et al., 2010; Cincure & Kalmar, 1995)

Military Veterans
- 75,000 service members with confirmed TBI; 95% are mild (Caplan, et al., 2010; Summerall, 2015)
- Montana has highest population of veterans per capita (www.va.gov, 2015; Chokshi, N., 2014)

College Students
- More than 1 million veterans are using post-secondary education benefits in the U.S. (va.gov, 2015; Veterans and College, 2014)
- Year 2001-2009: 62% increase in sports-related mTBI in youth and young adults (cdc.gov, 2015)

Specific Aims
Aim 1: Increase awareness of challenges and implement effective strategies. Lack of awareness can lead to frustration, anxiety, and depression.
Aim 2: Improve cognitive-communication skills
Aim 3: Reduce rural disparity of students across Montana with mTBI. Increase access with interdisciplinary telehealth service delivery model.

Jumpstart to rehabilitative and wellness services

<table>
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<tr>
<th>Week 1</th>
<th>Comprehensive pre-intervention interdisciplinary assessment</th>
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| Weeks 2 & 3 | Intervention  
- 2 days per week in-person with interdisciplinary team  
- 2 days per week using telehealth |
| Week 4 | Post-intervention assessment  
- Debrief progress  
- Home programming  
- Referrals and recommendations |

Methods
Interdisciplinary Approach
- Communicative Sciences and Disorders
- Counselor Education
- Education Leadership
- Neuropsychology

Participants
- Adults currently enrolled in Montana University System
- Diagnosed with mTBI or concussion
- At least 6 months post-injury
- Mental health screening with counselor (semi-structured interview)
- Scales of Cognitive and Communication Ability for Neurorehabilitation (SCCAN) administered by speech-language pathologist (Mimun & Holland, 2008)

Pre-Intervention Procedures
- Individualized cognitive-communication assessment
- Mental health and wellness
- Academic strengths and areas of concern
- Neuropsychological assessment as needed

Intervention
- Educational information including assessment results, mTBI effects on academia, and goal development
- Online module and homework
- Cognitive-communication therapy with SLP and graduate student clinician
- Individualized counseling

Post-Intervention
- Individualized comprehensive assessment  
- Debrief progress  
- Home programming  
- Referrals, recommendations  
- Post-intervention satisfaction survey

Executive Functioning: Regulation of Cognitive Processes

Maintain & Shift Attention
Self-Monitoring
Initiation
Planning
Decision Making
Organizing
Sequencing
Prioritizing
Emotional Inhibition
Prioritizing
Sequencing, organizing, goal-setting
Emotional inhibition, prioritizing
Combines standardization with generalizability of real-life situations
Frequency of behaviors related to executive functioning
Parent, teacher, and self-report forms
Following directions, problem solving, self-monitoring, adapting to new rules and feedback
DEX: emotional personality, motivation, behavior, and cognition

The Functional Assessment of Verbal Reasoning and Executive Strategies (FAVRES) (MacDonnell, 1995)
The Behavioral Rating Inventory of Executive Functions (BRIEF-A) (Gioia, 2000)
The Behavioral Assessment of Dysexecutive Syndrome (BADS) with Dysexecutive Questionnaire (DEX) caregiver form and self-report form (Wilson, et al., 1996)

College Students
Connectivity students and student veterans impacted by mild traumatic brain injury (mTBI) with holistic interventions, skills, and support

ReCoNeCT
Rehabilitation through Communication, Neuropsychology, Counseling, & Training: Connecting students and student veterans impacted by mild traumatic brain injury (mTBI) with holistic interventions, skills, and support

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