



# HAS YOUR HEAD BEEN HURT?

Sometimes when people are abused their head gets hurt. This can cause injuries that aren't always obvious. Please answer the questions and talk with an advocate so we can help make services work best for you. We know how difficult it is to share this information—thank you for your courage. We are here to support you.

**C**

Has anyone ever put their hands around your neck, put something over your mouth, or done anything else that made you feel **choked**, strangled, suffocated, or like you couldn't breathe?

**YES NO**

**H**

Have you ever been **hit or hurt** in the **head**, neck, or face?

**YES NO**

**A**

**After** you were hurt, did you ever feel dazed, confused, dizzy or in a fog, see stars, spots, or have trouble seeing clearly, couldn't remember what happened, or blacked out? (Doctors call this *altered consciousness*.)

**YES NO**

Has any of the above happened recently? If yes, how long ago? \_\_\_\_\_

**YES NO**

Has any of the above happened more than once?

**YES NO**

**T**

Are you currently having **trouble** with anything below? Circle all that apply:

PHYSICAL	EMOTIONS	THINKING
Headaches	Worries and fears	Remembering things
Sleeping problems	Panic attacks	Multi-tasking
Sensitive to light or noise	Flashbacks	Paying attention or focusing
Vision problems	Sadness	Problem solving
Dizziness	Depression	Getting things started
Balance problems	Hopelessness	Figuring out what to do next
Fatigue	Anger or rage	Organizing things
Seizures	Irritable	Controlling emotions or reactions

Are you having thoughts of suicide?

**YES NO**

Are you struggling with alcohol or drugs?

**YES NO**

Are you having any other health issues you want to share with us?

**YES NO**

**S**

Even if you did not go, have you or anyone else (like a friend or family member) ever thought you should **see a doctor or a counselor**, go to the emergency room, or get help for anything above?

**YES NO**



# WE CAN HELP!

## RESOURCES FOR HEALING



An advocate can give you a copy of **JUST BREATHE** and **INVISIBLE INJURIES**.

**JUST BREATHE** has self-care ideas for better sleep, calming your body, managing anger, and more!

**INVISIBLE INJURIES** has more information about what happens when your head has been hurt and coping with common physical, emotional, and thinking challenges.

## DAILY LIFE

We want to make our services work for you. Here are some ways we might be able to help. We can also come up with other ideas.

PHYSICAL	EMOTIONS	THINKING
Provide ear plugs and/or sleep masks to help with sleep	Create a CARE plan with an advocate and use other resources in <b>JUST BREATHE</b>	Creating checklists or calendars
Use sunglasses or adjust light as needed for light sensitivity	Extra check-ins	Shorter and more frequent meetings with staff; written summaries shared if helpful
For balance and dizziness challenges, assignment to a ground floor room if possible and help decluttering	Identifying and limiting triggers	Creating a routine
	Help identify supports and coping strategies	Making appointments for time of day that you are most alert and clear

## HEAD TRAUMA INFORMATION

Referral to: \_\_\_\_\_

**RECENT**

- On \_\_\_\_\_ (date), I:
- Was choked or strangled
  - Was hit on the head
  - Experienced altered consciousness

What I noticed immediately after:  
\_\_\_\_\_

- I have a prior history of:
- Being choked or strangled
  - Being hit on the head
  - Experiencing altered consciousness

Approximate Number of Times: \_\_\_\_\_

Most Recent Time (date): \_\_\_\_\_

**HISTORY**

I am most concerned about: \_\_\_\_\_

# ADVOCATE GUIDE FOR CHATS



**CHATS** helps you **CONNECT** with survivors, **IDENTIFY** and **PROVIDE INFORMATION** on head injuries, and **ACCOMMODATE** people's needs.

## ● FIRST ●

**Thank Them.** Offer a Head Injury Card.

**Ask?** Would you like to share more about what happened?

**Validate Feelings and Experiences.**

**Educate:** There are things you can do on your own and things we can do together to help.

## ● IF RECENT ●

### 1. Identify possible dangerous symptoms.

- Review and circle warning signs on card
- Encourage medical follow-up if needed

### 2. Monitor symptoms for several days.

- Identify safe place and person to stay with
- If in shelter, schedule regular check-ins

### 3. Offer Invisible Injuries and highlight:

- Page 5 - Track Symptoms
- Page 11 - Tips for Anyone

## ● IF REPEATED ●

**Ask?** What have you noticed that is different since your head was hurt?

**Educate:** Repeated head trauma can cause more problems.

## ● IDENTIFY ACCOMMODATIONS ●



**Ask?** Can you share more with me about the troubles you circled?

**Ask?** What is currently bothering you the most?

**Work together:** Identify accommodations and implement them.

**Educate:** Review Invisible Injuries pages 8-10, if applicable.



## ● IF "YES" TO: ●

**Suicide.** Additional suicide screening. Follow agency protocol. If indicated, connect to clinical care, do not leave person alone. Discuss rest of the topics later.

**Substance use.** Explain agency policies, discuss harm reduction offer referral for substance use services.

**Health issues.** Ask for more information. (Consider injuries, medication, allergies, etc.)

## ● POSSIBLE REFERRAL ●

**Determine need** for medical or mental health referral.

**Discuss sharing** information about history of head trauma with provider.

**Fill out** applicable boxes under Head Trauma Information on the back of CHATS.

For More  
Information,  
Contact [www.odvn.org](http://www.odvn.org)  
[614-781-9651](tel:614-781-9651)  
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