



CHSAA SMAC Alert

Concussion Management



DEFINITION

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works.

IMPORTANT POINTS OF EMPHASIS

- Signs and symptoms can be evident in four areas: Physical, Cognitive/Thinking, Emotions/Mood and Energy/Sleep.
- Know your athletes at “baseline”. Know their pre-concussion level of symptoms, know their learning and attentional style, know their balance pre-concussion, know their headache and medical history, know their past concussion history and know their personality.
- Research suggest that most students with a concussion may need a few days (usually 1 to 3 days), to be home resting with a gradual return to activity such as school and family activities.
- An athlete should be symptom-free (or back to pre-concussion functioning) in all four domains before being allowed to start the graduated return to sport.

Mental Health

WARNING SIGNS FOR SUICIDE

Feelings — Expressing hopelessness about the future.

Actions — Displaying severe/overwhelming pain or distress.

Changes — Showing worrisome behavioral cues or marked changes in behavior, including: withdrawal from friends or changes in social activities; anger or hostility; or changes in sleep.

Threats — Talking about, writing about, or making plans for suicide

Situations — Experiencing stressful situations including those that involve loss, change, create personal humiliation, or involve getting into trouble at home, in school or with the law. These kinds of situations can serve as triggers for suicide

YOU CAN HELP!

1. Express your concern about what you are observing in their behavior
2. Ask directly about suicide
3. Encourage them to call the National Suicide Prevention Lifeline at (800) 273-TALK (8255)
4. Involve an adult they trust

IMPORTANT RESOURCES

Colorado Crisis Services – 1 (844) 493-TALK (8255)

ALWAYS CALL 911 WHEN IMMEDIATE CONCERN IS PRESENT

Complete CHSAA Concussion Management and Mental Health Information: <https://chsaanow.com/sports-medicine/>

Mental health information referenced from updated version of the FACTS handout available in the Lifetime Curriculum and “Making Educators Partners”