

Lack of Awareness + Cultural Stigma = A Brain Injury Public Health Challenge in Northern Virginia



As many as **3 million people** in America experience some type of brain injury every year. Injuries occur on average every 23 seconds. But according to a new poll of Northern Virginians:

43% say they would not know or are not sure they know how to protect themselves or a loved one after a concussion, traumatic brain injury or stroke.



62% say there are negative perceptions and stigma attached to people with brain injuries.



67% say that sports culture has made it acceptable to ignore a concussion to be able to get back on the field.



67% say they've seen adults continue to play sports after getting hit on the head.



57% say they've seen children resume to play sports right after a hit.

78% say they would be reluctant to tell their employer that they had a concussion or brain injury that might limit their ability to perform their regular work duties.



53% don't think public schools have the awareness and knowledge needed to deal with students who suffer brain injuries.



52% erroneously believe that most health insurers will pay for ongoing treatments and therapies after a brain injury is diagnosed.



70% do not know there are free services available in Northern Virginia when a person does need help after a brain injury.



Brain Injury Services' adult and pediatric case managers, occupational and vocational services, and mental health therapists are available throughout Northern Virginia to help individuals remain in or re-enter school and/or the workplace as well as to work with schools and employers for the success of their students and employees.

Brain Injury Services is a nonprofit leader in providing free community-based services to empower children, adults, veterans, and families impacted by brain injury. BIS offers counseling, case management, support groups, and the recently expanded ADAPT Clubhouse which provides a place for individuals with brain injuries to participate in programs that rebuild life skills and create community.

Brain Injury Services is supported by individual donors, corporate partners, private foundations, and general funds administered by the Virginia Department for Aging and Rehabilitative Services. BIS offices are located in Springfield, Fairfax, Leesburg, Fredericksburg and Winchester, Virginia.

To find help—or to learn how you can help—go to BrainInjurySvcs.org or call **703-451-8881**.



**BRAIN INJURY
SERVICES**

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