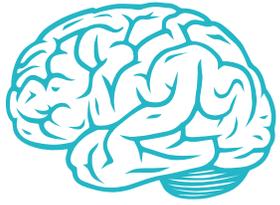




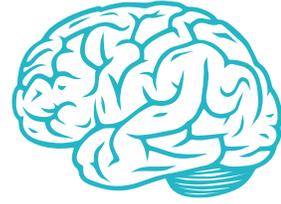
# Utah Resource Guide

for Individuals with Brain Injury,  
Families, and Professionals



# Utah Resource Guide

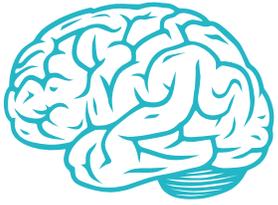
# Utah Resource Guide



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For more information, contact:  
Utah Department of Health  
Violence and Injury Prevention  
288 North 1460 West  
PO Box 142106  
Salt Lake City, Utah 84114-2106  
(801) 538-6141  
vipp@utah.gov

This report is available online at:  
[www.health.utah.gov/vipp/pdf/TBIResourceGuide.html](http://www.health.utah.gov/vipp/pdf/TBIResourceGuide.html)  
[www.utahbraininjurycouncil.net](http://www.utahbraininjurycouncil.net)



# Utah Resource Guide

Welcome to the Utah Brain Injury Statewide Resource Guide. This guide was developed by staff of the Utah Department of Health and members of Utah Brain Injury Council (UBIC) to assist individuals with brain injury, their family members, and professionals gain access to resources available within their community.

If you need help navigating and connecting to resources in your community, please contact a Brain Injury Specialist with the Utah TBI Fund by calling 1-888-222-2542.

## Utah Traumatic Brain Injury Fund

The Utah Traumatic Brain Injury (TBI) Fund was established in 2008 by the Utah Legislature as a restricted special revenue fund. The fund consists of gifts, grants, donations, and any other funding from private sources. The fund is administered through the Utah Department of Health. Fund monies may be used for:

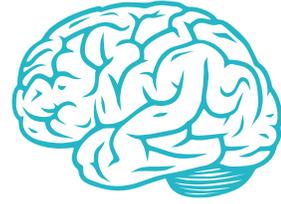
- increasing public awareness and to educate the general public and professionals on the treatment and prevention of TBI;
- utilizing resource facilitation which provides access to evaluations and coordinates short-term care to assist an individual in identifying services or support needs, resources, and benefits for which the individual may be eligible; and
- developing and supporting an information referral system for persons with a traumatic brain injury and their families.

If you are interested in finding out more about the Utah TBI Fund or to determine if you qualify for services such as a neuropsychological evaluation please contact the **Utah Department of Health Resource Line 1-888-222-2542** or [health.utah.gov/tbi](http://health.utah.gov/tbi).

This resource guide is not all encompassing of the resources that are available. Resources change over time; for the most up to date information individuals are encouraged to contact:

**2-1-1 Community Resource Line**  
**Dial 2-1-1 or Toll-free 1-888-826-9790**  
**[www.211ut.org](http://www.211ut.org)**

# Utah Resource Guide



## Education

TBI education and training can be provided to individuals, families, and professionals at free or reduced costs. If you are interested in any of the following trainings, please contact Traci Barney at the Utah Department of Health 385-260-4525 or [tabarney@utah.gov](mailto:tabarney@utah.gov).

**Brain Injury 101:** A one-hour training on TBI, signs and symptoms, prevention, functions of the brain, supporting families, and strategies to address potential deficits.

**Brain Injury Assessment Training:** A two-hour training that goes more in depth into functions of the brain, how to assess for possible changes after a brain injury, and when an assessment should take place.

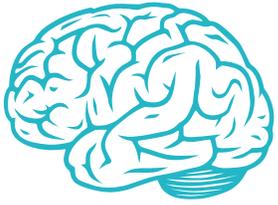
**Compensating Strategies:** A one-hour training that takes the information learned in the Brain Injury Assessment training; and teaches participants how to apply successful compensating strategies to assist a person in regaining function after a brain injury. The Brain Injury Assessment Training is a prerequisite for Compensating Strategies.

**Head Smart:** A 30- minute, interactive presentation designed for school age children that discusses the importance of the brain and prevention activities such as wearing a helmet.

**Fundamental Brain injury Certification:** A new training and certificate program created by the Academy of Brain Injury Specialists designed for caregivers, non-licensed direct care providers, family members, friends, first responders, and others in the community. An eight-hour training that covers brain injury and behavior, cognition, families coping with brain injury, medical complications, and more. The cost for this is \$25 for the class, book, and certificate.

**Certified Brain Injury Specialist:** A certificate-based program created by the Academy of Brain Injury Specialists that goes in-depth into brain injury, brain functions, working with families and schools, medication management, medical complications regulatory guidelines, and advocacy. To obtain certification, attendees must have at least 500 hours working with people with brain injury. After completion of the class and successfully passing the test, attendees will become a Certified Brain Injury Specialist, a nationally recognized certificate for those working in the field of brain injury. The cost of the class and certification is \$50 when offered through the UtahTraumatic Brain Injury Fund.

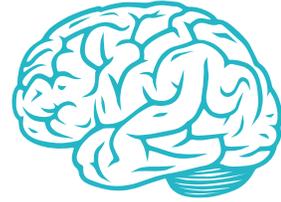
**Customized Brain Injury Fundamentals Training:** Customized training can be made for specific populations, i.e school districts, domestic violence agencies, mental health, etc.



# Utah Resource Guide

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## 1. Alcohol and Substance Use

People with brain injury may struggle with alcohol and dependency issue; this does not mean that all, or even most, brain injury survivors have these issues. There are several reasons for this. First, the substance use may have contributed to their brain injury, putting them at risk for subsequent injury if use continues.

Second, substances offer an “excuse” for behavior; one can blame lack of attention or memory, slurred speech, altered emotions, or unusual behaviors on the fact that he/she is “high” or “drunk”. People may think drugs and alcohol offer a way out of the feeling of “losing one’s mind” because for a while, they can forget the injury has taken over their life.

When choosing an agency or facility listed in this resource guide, always know that one type of program may work better than another for an individual. Many people have gained much from the 12-Step model (Alcoholics Anonymous, Cocaine Anonymous, etc ), while others benefit little from it. Substance dependence is treatable, although not always quickly and easily.

### **AA (Alcoholics Anonymous)**

[www.utahaa.org](http://www.utahaa.org)

[www.usrecovery.info/AA/Utah.htm](http://www.usrecovery.info/AA/Utah.htm)

[www.utahaa.org/eastcentral.php](http://www.utahaa.org/eastcentral.php)

### **NA (Narcotics Anonymous)**

[www.nuana.org](http://www.nuana.org)

[www.utahna.info](http://www.utahna.info)

[theagapecenter.com/NAinUSA/Utah.htm](http://theagapecenter.com/NAinUSA/Utah.htm)

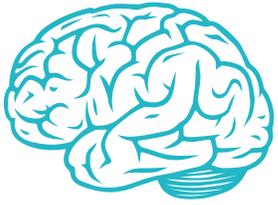
### **Tobacco Quit Line**

(888) 567-TRUTH (8788)

### **Utah Division of Substance Abuse and Mental Health (DSMAH)**

[DSMAH.utah.gov](http://DSMAH.utah.gov)

801-538-4171



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## 2. Assistive Technology

Assistive technology is used by individuals with a disability in order to perform functions that might otherwise be difficult to do independently. Some examples of assistive technology are walkers, wheelchairs, software electronic devices, and home modification.

### **Utah Center for Assistive Technology (UCAT)**

(801) 887-9380

### **Utah Assistive Technology Program (UATP)**

(800) 524-5152

### **Utah Independent Living Centers**

[www.usilc.org](http://www.usilc.org)

### **ASSIST Inc.**

[assistutah.org](http://assistutah.org)

### **Habitat for Humanity**

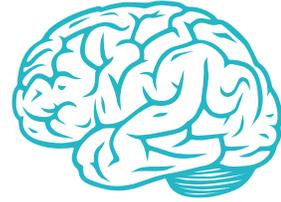
[habitatsaltlake.com](http://habitatsaltlake.com)

## 3. Brain Injury Support Groups

Most support groups are consumer-oriented and provide peer support and educational materials relevant to brain injury. Support groups can be wonderful experiences for people with brain injury and for their family and friends.

Support groups are constantly changing and new groups are forming. Call the Brain Injury Alliance of Utah at **(801) 716-4993** to help find a brain injury support group in your area or visit [www.biau.org](http://www.biau.org).

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## 4. Crisis Intervention Services

(Suicide/Mental Health, Domestic Violence, Sexual Violence and Child/Adult Protective Services)

If you or anyone else with you is in imminent danger of being hurt or hurting themselves, call 911 immediately. If you or another person is in any need of help with a crisis situation, please call one of the listings below for assistance.

### Suicide Prevention

**Utah Crisis Line / UNI**

801-587-3000

**National Suicide Crisis Line**

1-800-273-TALK (8255)

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

### Domestic Violence

Victim Advocates are available at all law enforcement departments.

**Utah Domestic Violence Link Line**

1-800-897-LINK (5465)

[www.udvc.org](http://www.udvc.org)

**Office of Crime Victim Reparations**

(800) 621-7444

**Utah Legal Services**

(800) 662-4245

**Victim Information and Notification Everyday (VINE)**

(877) 884-8463

**Utah Domestic Violence Council**

(801) 521-5544

**Adult Protective Services (APS)** (To report adult abuse)

(800) 371-7897

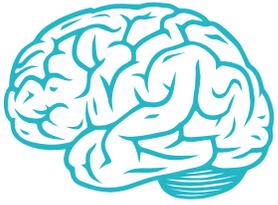
[www.daas.utah.gov/adult-protective-services](http://www.daas.utah.gov/adult-protective-services)

**Division of Child and Family Services**

[www.hsdcs.utah.gov](http://www.hsdcs.utah.gov)

**Child Protective Services** (To report child abuse)

(855) 323-3237



# Utah Resource Guide

## Sexual Violence

### Rape & Sexual Assault Crisis Line

(888) 421-1100

### Division of Child and Family Services

[www.hsdcs.utah.gov](http://www.hsdcs.utah.gov)

### Child Protective Services (To report child abuse)

(855) 323-3237

### Adult Protective Services (APS) (To report adult abuse)

(800) 371-7897

[daas.utah.gov/adult-protective-services/](http://daas.utah.gov/adult-protective-services/)

### Prevent Child Abuse Utah

(801) 393-3366

### Utah Department of Health Violence and Injury Prevention Program

[health.utah.gov/vipp/teens/dating-violence/](http://health.utah.gov/vipp/teens/dating-violence/)

## 5. Driving Evaluation and Education

Driving is a very important skill in our society. Individuals who have had a brain injury may have a period of time where driving is not permitted due to medical reasons. Driving evaluations can document whether one is able to drive safely. Adaptive driving education resources can help those with brain injury who are trying to get their driving privileges reinstated as well as those that want to have their driving skills assessed.

For a referral to an agency that provides driving evaluations, contact your healthcare provider or the Brain Injury Alliance of Utah at [801-716-4993](tel:801-716-4993) or [www.biau.org](http://www.biau.org).

# Utah Resource Guide



## 6. Education

### (Public Schools, Special Education, Charter Schools)

Children with a brain injury may present unique challenges for parents and educators. It is very important for parents and school administrators to work together with medical professionals as students transition back to school after having a brain injury. This will ensure necessary supports are in place and, in time, to help the student make a successful transition. Parents should share evaluation and treatment information from the student's doctors and therapists with the school district special education administrators and the school principal. This is especially important in cases where school staff need training to meet the child's needs before he/she returns to school. Individualized Education Plans (IEPs) or 504 plan may assist a child with a brain injury successfully participate in their education.

#### Utah State Board of Education (USBE)

Please contact the USBE for a referral to your local school district and for information about IEPs:

250 East 500 South, Salt Lake City, Utah, 84111-3204

Monday - Friday, 8 a.m. to 5 p.m.

(801) 538-7500

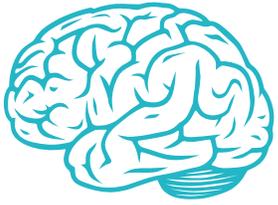
[schools.utah.gov/specialeducation/programs/disabilityspecific/categories](https://schools.utah.gov/specialeducation/programs/disabilityspecific/categories)

#### Information about section 504

[www.schools.utah.gov/scep/educationalequity/section504resources?mid=4190&tid=2](https://www.schools.utah.gov/scep/educationalequity/section504resources?mid=4190&tid=2)

#### Utah Parent Center

[www.utahparentcenter.org](https://www.utahparentcenter.org)



# Utah Resource Guide

## 7. Education Colleges/Universities

Colleges and universities across the state of Utah are required by the Americans with Disabilities Act and the Rehabilitation Act of 1973 to provide qualified persons with disability equal access to programs, activities, and services. In the academic setting, this may include reasonable and appropriate accommodations and support for the educational development of students with disabilities. Most campuses have disability service centers or a single point person to assist in facilitating this process.

**Brigham Young University Services for Students with Disabilities Office**

(801) 422-2767

**Disability Resource Center**

(801) 797-2444

**Dixie State College Disability Resource Center**

(435) 652-7500

**LDS Business College Disability Services**

(801) 524-8118

**Salt Lake Community College**

(801) 957-4659 / Redwood Campus

(801) 957-3258 / South City Campus

(801) 957-4659 / all other campuses

**Snow College Disability Resource Coordinator**

(435) 288-7321

**Southern Utah University Student Disability Office**

(435) 865-8022

**University of Phoenix Campus Disability Service Advisor**

(801) 905-4333

**University of Utah Center for Disability Services**

(801) 585-6148

**Utah State University Center for People with Disabilities**

(435) 797-1981

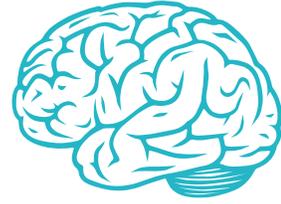
**Utah Valley University Accessibility Service Department**

(801) 863-8747

**Weber State Disability Office**

(801) 626-6413

# Utah Resource Guide



## 8. Vocational Training

Vocational training can assist a person with a brain injury to learn skills for a career; help with the job seeking process; get placed in a position (vocational); or learn or re-learn about work attitudes, habits, and the social skills necessary for work success (prevocational).

### **Job Corp**

[www.jobcorps.gov/live](http://www.jobcorps.gov/live)

(800) 733-5627

### **Dept of Workforce Services**

[jobs.utah.gov/usor](http://jobs.utah.gov/usor)

### **Deseret Industries**

[www.deseretindustries.org/Job](http://www.deseretindustries.org/Job)

### **LDS Employment Resource Center**

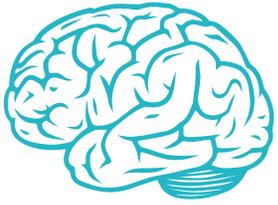
[www.ldsjobs.org/ers/ct/?lang=eng](http://www.ldsjobs.org/ers/ct/?lang=eng)

### **Utah State Office of Rehabilitation (USOR)** (statewide)

[jobs.utah.gov/usor/vr/index.html](http://jobs.utah.gov/usor/vr/index.html)

### **Easter Seals**

[easterseal-goodwillnorthernrockymountain.com](http://easterseal-goodwillnorthernrockymountain.com)



# Utah Resource Guide

## 9. Housing/Homeless Services

Housing remains one of the most vexing and difficult challenges for those with a brain injury. Housing is difficult and expensive for anyone to find, and when one adds the complications of having special needs and low income, finding affordable and accessible housing becomes an even more challenging task. The agencies and organizations listed below can help. Residential care facilities help people who need some supervision in their daily lives. As with any other for-profit business, it's important to investigate carefully before committing to any facility.

### **ASSIST Inc.**

[assistutah.org](http://assistutah.org)  
(801) 355-7085

### **Family Connection Center**

(801) 771-4642

### **Habitat For Humanity**

Weatherization/Housing Assistance  
(435) 637-5444

### **Homeless Utah**

[homelessutah.org](http://homelessutah.org)

### **National Call Center for Homeless Veterans**

1-877-4AID-VET  
877-424-3838

### **Utah Community Action Program**

764 S. 200 W., Salt Lake City, UT 84101  
801-359-244

### **Utah Department of Workforce Services**

(866) 435-7414

### **Utah Housing Authorities**

[utahhousingcorp.org/HTML/abtHousingAuthorities.shtml](http://utahhousingcorp.org/HTML/abtHousingAuthorities.shtml)  
[www.gosection8.com](http://www.gosection8.com)  
[www.lowincomehousing.us](http://www.lowincomehousing.us)  
[www.apartmentguide.com](http://www.apartmentguide.com)

# Utah Resource Guide



## 10. Financial Services

After a brain injury, roles in the family can change. A person that was once was working full time with benefits ay not be able to for a while or stop working all together. Family members may have to quit working to help care for someone that sustained a brain injury. A financial strain can be put on the family when a brain injury occurs. Either an individual that once was working full time with benefits sustains a brain injury and cannot work or a family member(s) has to quit working to help care for someone in the family that has sustained a brain injury.

### Utility Assistance HEAT

[jobs.utah.gov/housing/scso/seal/heat.htm](https://jobs.utah.gov/housing/scso/seal/heat.htm) HEATI

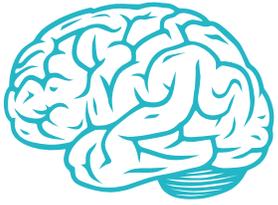
### Utah Department of Workforce Services

(866) 435-7414

### American Red Cross

(801) 323-7000

[www.redcross.org/local/utah/about-us/locations.html](https://www.redcross.org/local/utah/about-us/locations.html)



# Utah Resource Guide

## 11. Independent Living and Multi-service Organizations

These organizations' missions are to help people with disabilities increase their independence. They are generally not limited to any specific disability group. Some, such as the Independent Living Centers, offer a wide range of services for people with disabilities; others deal with services for a particular disability that a person with a brain injury may experience.

### Statewide Independent Living Centers

[usilc.org/il-centers](http://usilc.org/il-centers)

There are six independent living centers in Utah which provide many services for people with disabilities to help them live independently.

### Division of Services for People with Disabilities (DSPD)

[dspd.utah.gov/](http://dspd.utah.gov/)

The DSPD provides services to people with disabilities across the state. They fund, through Medicaid waivers, many different types of providers, ranging from group homes to independent living.

### Medicaid Waivers:

[health.utah.gov/ltc/index.html](http://health.utah.gov/ltc/index.html)

In 1981, Congress passed legislation allowing states greater flexibility in providing services to people living in community settings. This legislation, Section 1915(c) of the Social Security Act, authorized the "waiver" of certain Medicaid statutory requirements. The waiving of these mandatory statutory requirements allowed for the development of joint federal and state funded programs called Medicaid 1915(c) Home and Community Based Services Waivers.

Utah has eight 1915 © Home and Community Based Services Waivers

- Acquired Brain Injury Waiver
- Aging Waiver (for individuals aged 65 or older)
- Community Supports Waiver for Individuals with Intellectual Disabilities or Other Related Conditions
- Medicaid Autism Waiver
- Medically Complex Children's Waiver
- New Choices Waiver
- Physical Disabilities Waiver
- Waiver for Technology Dependent Children

# Utah Resource Guide



## 12. Legal and Advocacy Services

Choosing a lawyer can be a difficult task. Choose one who has experience working with people with a brain injury or disability issues, and one who will know about the common problems those with a brain injury face. Doctors and other healthcare professionals who are familiar with brain injuries may also be able to recommend legal services and referrals.

### Statewide Legal Services

#### Division of Consumer Protection: Disability Law Center

(800) 721-SAFE (7233)

800) 662-9080

#### Lawyer Referral

(866) 678-5342

[www.utahbar.org](http://www.utahbar.org)

#### Utah Legal Services

(800) 662-4245

[www.utahlegalservices.org/](http://www.utahlegalservices.org/)

#### Social Security legal advocates: Utah Disability, P.C.

801-328-5600

[www.disabilitylaw.com](http://www.disabilitylaw.com)

### Advocacy

#### Adult Protective Services

1-800-371-7897

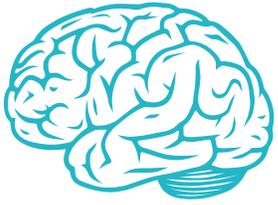
[daas.utah.gov/adult-protective-services/](http://daas.utah.gov/adult-protective-services/)

The Adult Protective Services program investigates cases of abuse, neglect, and exploitation of vulnerable adults. Trained staff work with local law enforcement and community partners to educate and assist victims to access appropriate resources within the community.

#### Long Term Care Ombudsman

[daas.utah.gov/long-term-care-ombudsman/](http://daas.utah.gov/long-term-care-ombudsman/)

The Long-Term Care Ombudsman (LTCO) seeks resolution of problems and advocates for the rights of residents of long term care facilities to ensure and enhance the quality of life of residents.



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Anyone (residents, relatives, friends, or even the staff of a facility) may initiate a complaint on behalf of the resident; often residents are unable to do themselves. Only as mutually agreed upon, between the ombudsman and the resident or his/her legal representative, the ombudsman will make every reasonable effort to assist, represent, and intervene on behalf of the resident.

The heart of the Long-term Care Ombudsmen Program is a team of certified ombudsmen who are empowered to resolve issues surrounding the care and quality of life for people living in nursing homes and assisted living facilities. Ombudsmen are there to represent the residents' interests. It is the residents' desires and needs that are considered and acted upon.

Services are provided to persons:

- Without regard for income and resources
- As requested by an individual or on behalf of an individual
- Available to a person who resides in a long-term care facility
- Available to a person attempting to enter a facility

## **Brain Injury Association of Utah**

801-716-4993

[biau.org](http://biau.org)

## **Traumatic Brain Injury Fund**

801-538-9277

[tbi@utah.gov](mailto:tbi@utah.gov)

## **Guardianship Associates of Utah**

[www.guardianshiputah.org/](http://www.guardianshiputah.org/)

## **Utah Parent Center**

[utahparentcenter.org/](http://utahparentcenter.org/)

## **Phoenix Services**

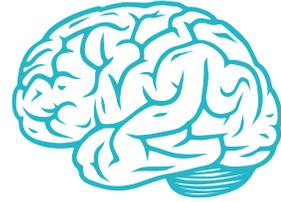
801-825-45365

[www.phoenixservices.org](http://www.phoenixservices.org)

## **Division for Services for People with Disabilities**

[dspd.utah.gov/](http://dspd.utah.gov/)

# Utah Resource Guide



## 13. Mental Health

This resource topic includes organizations and agencies that offer services that can assist with the health and medical needs as well as mental health needs of people with a brain injury. These services range from Personal Assistants (help with the day-to-day needs of people with disabilities, including personal care, shopping, housekeeping, driving, and/or laundry, etc.) to nursing and actual medical care.

### **Medicaid/PCN Information Line**

(800) 662-9651

### **Utah National Alliance on Mental Illness (NAMI)**

(877) 230-6264

### **Utah Association of Infant Mental Health (UAIMH)**

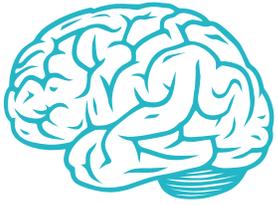
(801) 673-7343

### **Help Me Grow Focus on Children for Families and Primary Care Providers**

2-1-1 or (801) 691-5322

### **Utah Division of Substance Abuse and Mental Health**

(801) 538-3939



# Utah Resource Guide

## 14. Health Services/Rehabilitation

This resource topic includes health services that may be needed after a brain injury. These services include how to access health insurance, free health clinics, as well as clinics that specialize in brain injury.

### Utah Department of Health

888-222-2542

[health.utah.gov](http://health.utah.gov)

### Living Well Utah

[livingwell.utah.gov/](http://livingwell.utah.gov/)

### Utah Department of Workforce Services/Medicaid (DWS) Eligibility

(866) 435-7414

### George E. Wahlen Department of Veterans Affairs Medical Center

(800) 613-4012

### Take Care Utah

[takecareutah.org/](http://takecareutah.org/)

### Free health clinics (Midtown Clinic, 4th Street Clinic, Medicaid/PCN Information Line)

(800) 662-9651

# Utah Resource Guide



## 15. Utah Spinal Cord Injury (SCI) and Brain Injury (BI) Rehabilitation Fund

The SCI and BI rehabilitation fund was established during the 2012 Utah Legislative Session. This fund is to be used to assist qualified IRC 501©(3) charitable clinics to provide physical, occupation and speech therapy for people who have sustained a spinal cord injury or a traumatic brain injury. This fund is payor of last resort. For more information contact Traci Barney **385-260-4525** [tabarney@utah.gov](mailto:tabarney@utah.gov) visit [health.utah.gov/tbi](http://health.utah.gov/tbi)

### Neuroworx

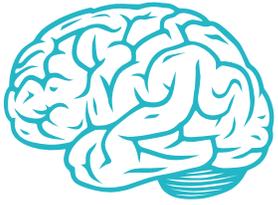
801-619-5670

[neuroworx.org/drupal/](http://neuroworx.org/drupal/)

### University of Utah Sugar House Clinic

801-581-2000

[healthcare.utah.edu/locations/sugar-house/](http://healthcare.utah.edu/locations/sugar-house/)



# Utah Resource Guide

## 16. Parent and Family Resources

For a parent with a brain injury, life can pose many unique challenges. The following is a list of organizations that provide services and resources for parents with disabilities, for parents of children with disabilities, or for people whose spouse or parent has a disability.

### **Traumatic Brain Injury Fund**

801-538-9277

[tbi@utah.gov](mailto:tbi@utah.gov)

### **Utah Parent Center**

[utahparentcenter.org/](http://utahparentcenter.org/)

### **Phoenix Services**

801-825-45365

[www.phoenixservices.org](http://www.phoenixservices.org)

### **Family Connection Center** (Davis County only)

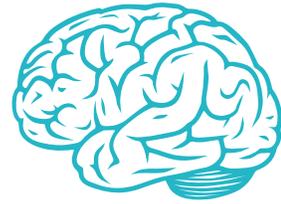
801-771-4642

[www.utahfcc.org/](http://www.utahfcc.org/)

### **Safe Kids Utah**

[health.utah.gov/vipp/kids/safe-kids-utah/](http://health.utah.gov/vipp/kids/safe-kids-utah/)

# Utah Resource Guide



## 17. Recreation and Leisure Resources

Recreation and leisure services can be something that is forgotten about when a person is recovering from a brain injury for a number of reasons. Recreation and leisure activities offer people with brain injury many benefits and can be vital in their recovery. It is important to find the right recreation or leisure outlet for you or your family member.

There are many factors involved with finding the right program, such as the person's interests, abilities, and skills; the participants who are in the program (Do they have a brain injury? Although they don't necessarily have to have a brain injury for the program to be beneficial, are they at a similar level?); the staff (Do they have the skills needed to assist with possible disruption, dissatisfaction, or lethargy?); and most importantly, does the person like it? One additional place to investigate is your local Parks and Recreation Department.

### Common Ground

[www.cgadventures.org/](http://www.cgadventures.org/)  
(435) 713-0288

### Utah Independent Living Centers

[usilc.org/il-centers](http://usilc.org/il-centers)

### Girls and Boys Club

[www.bgca.org/get-involved/find-a-club](http://www.bgca.org/get-involved/find-a-club)

### Art Access/VSA Arts of Utah

[www.accessart.org/](http://www.accessart.org/)  
(801) 328-0703

### Camp Easter Seals

[www.easterseals.com/](http://www.easterseals.com/)

### Kostopulos Dream Foundation (Camp K)

(801) 582-0700  
[www.campk.org](http://www.campk.org)

### Special Olympics Utah (Statewide)

(801) 363-1111  
[www.sout.org](http://www.sout.org)

### Splore'

(801) 484-4128  
[www.splore.org](http://www.splore.org)

### Wasatch Adaptive Sports

[wasatchadaptivesports.org](http://wasatchadaptivesports.org)

### National Ability Center

[www.discovernac.org/#](http://www.discovernac.org/#)

### Courage Reins Therapeutic Riding Centers

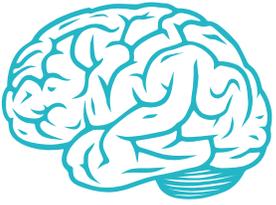
[www.couragereins.org](http://www.couragereins.org)

### Sports and Recreation Programs

[blindlibrary.utah.gov/disability\\_](http://blindlibrary.utah.gov/disability_resources/sports.html)  
[resources/sports.html](http://blindlibrary.utah.gov/disability_resources/sports.html)

### Recreation and Habilitation Services

[volunteer.unitedwayuc.org/agency/](http://volunteer.unitedwayuc.org/agency/detail/?agency_id=52732)  
[detail/?agency\\_id=52732](http://volunteer.unitedwayuc.org/agency/detail/?agency_id=52732)



# Utah Resource Guide

## 18. Suicide Prevention

**Call 9-1-1 immediately if you or anyone you know is in danger of being hurt or hurting themselves.** A person with a traumatic brain injury can often experience devastating and enduring changes in all aspects of life, including employment, family, and social relationships. Profound emotional responses of anxiety and in particular major depression are not uncommon. Suicidal thoughts and suicide attempts after traumatic brain injury have also been reported.

### **Statewide Utah Crisis Line**

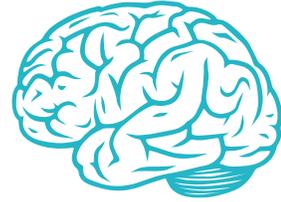
(801) 587-3000

Help is available 24 hours a day 7 days a week

### **National Suicide Prevention LifeLine**

1-800-273-TALK (8255)

# Utah Resource Guide



## 19. Transportation Resources

Transportation services can be difficult to access, yet are very important for many people with a brain injury. There are many problems with paratransit access. Some cities don't have adequate services for wheelchairs, especially during non-standard hours (evenings or weekends). Others have trip limits; such as the number of trips per month or destination, transport to and from medical appointments only, or advance notice required. With all these restrictions, it may be difficult for individuals to access transportation resources.

### Cache County

**Transit Center Bus Information** (435) 752-2877

**TDY**(435) 792-3146

**Paratransit Scheduling** (435) 753-2255 / ADA

### Cedar City Transit, Iron County

(435) 586-2950

### Paratransit Eligibility

(435) 713-6971

### Salt Lake County Aging Services

(801) 468-2454

### Summit County, Park City Transit

(435) 649-8567 or (800) 637-3803

### Utah Council of the Blind, Davis County

(801) 292-1156

### Utah County Utah Valley Paratransit

(801) 374-9306

### Utah Transit Authority (UTA) Trax or Front Runner

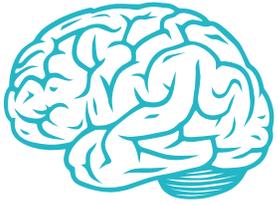
(801) Ride-UTA (743-3882) or 1(888) Ride-UTA

**Flextrans** (801) 287-7433

**Paratransit** (801) 287-5359

### Washington County SunTrans

(435) 627-4000



# Utah Resource Guide

## 20. Veteran Resources

Veterans and service members are at a greater risk than the general population for sustaining a traumatic brain injury due to training exercises as well as combat situations. The most common form of brain injury in this population is mild traumatic brain injury (MTBI). While most individuals following a mild TBI recover within a matter of days to weeks, if a Veteran is concerned about lasting symptoms they should be evaluated by a medical professional. The VA Health Care System has a standardized process for the evaluation and treatment for traumatic brain injury.

Individuals who served in the military may be eligible for a variety of VA benefits, including healthcare, education, and disability, amongst other benefits. Some benefits, such as healthcare, require a certain minimum amount of time in service, discharge type, or being called by federal order to active duty, in order to be eligible.

For all Veterans benefits, including healthcare, disability, and others, and to apply online visit: [www.va.gov](http://www.va.gov).

### **VA Salt Lake City Health Care System/George E. Wahlen Department of Veterans Affairs Medical Center**

(801) 582-1565

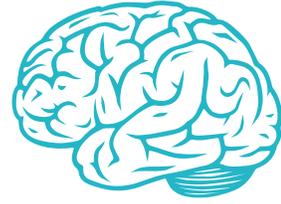
Toll-free (800) 613-4012

Call to determine eligibility for healthcare and to enroll in healthcare.

For all other VA benefits besides healthcare, such as disability, education, home loans, etc., please call: 1-800-827-1000 for more information and application process or visit [www.va.gov](http://www.va.gov).

If you are a veteran in crisis, call the **Veteran Crisis Line** at 1-800-273-8255 or visit [www.veteranscrisisline.com](http://www.veteranscrisisline.com).

# Utah Resource Guide



## 21. Concussion management

A concussion is a traumatic brain injury. Although most concussion symptoms should resolve within 2-3 weeks, sometimes symptoms can last longer than that. When this occurs a follow-up visit with a health provider may be necessary. There are concussion clinics and/or specialized clinics that can help address any concerns related to concussions.

### **Cognitive FX**

385-375-8590

[www.cognitivefxusa.com/](http://www.cognitivefxusa.com/)

### **Neuropsychology Center of Utah**

801-614-5866

[www.npcu.net/](http://www.npcu.net/)

### **Tanner Clinic**

[tannerclinic.com/locations/](http://tannerclinic.com/locations/)

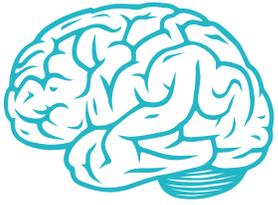
### **TOSH Sport Concussion Clinic**

(801) 314-4100

### **University of Utah Concussion Program**

801-587-7109

[healthcare.utah.edu/orthopaedics/programs/concussion/](http://healthcare.utah.edu/orthopaedics/programs/concussion/)



# Utah Resource Guide

## 22. Additional State and National Resources

The following are some resources that offer information and resources, supports and services, and community and residential living options.

### Utah Resources

#### Brain Injury Alliance of Utah

(801) 716-4993  
Toll free (800) 281-8442  
[www.biau.org](http://www.biau.org)

#### Center for Persons with Disabilities, Utah State University

(435) 797 3681  
[www.cpdusu.org](http://www.cpdusu.org)

#### Country Life Care Center

Full spectrum of care for children and adults  
(801) 417-9400  
[npidb.org/organizations/nursing](http://npidb.org/organizations/nursing)

#### Disability Law Center

(801) 363-1347  
Toll free: (800) 662-9080  
[www.disabilitylawcenter.org](http://www.disabilitylawcenter.org)

#### Intellegis

Full spectrum of care for adults  
(801) 290-2706  
[www.intellegiswecare.com](http://www.intellegiswecare.com)

#### Intermountain Health Care

(801) 442-2000  
[www.intermountainhealthcare.org](http://www.intermountainhealthcare.org)

#### Learning Services

Full spectrum of care for adults  
(801) 254-6295  
[www.learningservices.com](http://www.learningservices.com)

#### Neuroworx

Outpatient neurological rehabilitation facility  
(801) 619-3670  
[www.neuroworx.org](http://www.neuroworx.org)

#### Phoenix Services

Community-based, long-term support for people with brain injuries and similar disabilities that focuses on independent living and employment skills.  
(801)-825-4535  
[www.phoenixservices.org](http://www.phoenixservices.org)

#### Primary Children's Hospital

[intermountainhealthcare.org/services/pediatric-rehab/symptoms-conditions/Pages/traumatic-brain-injury.aspx](http://intermountainhealthcare.org/services/pediatric-rehab/symptoms-conditions/Pages/traumatic-brain-injury.aspx)

#### Salt Lake Behavioral Health

Private psychiatric hospital specializing in mental health and chemical dependency care. Inpatient and day hospital, or outpatient services for children, youths, and adults.  
(801) 264-6000 or (877) 640-0220  
[www.saltlakebehavioralhealth.com](http://www.saltlakebehavioralhealth.com)

#### University Neuropsychiatric Institute

[www.healthcareutah.edu/uni](http://www.healthcareutah.edu/uni)

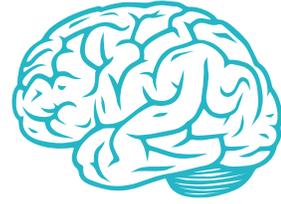
#### University of Utah Brain Institute

[www.brain.utah.edu](http://www.brain.utah.edu)

#### Utah Brain Injury Council

[www.utahbraininjurycouncil.net](http://www.utahbraininjurycouncil.net)

# Utah Resource Guide



**Utah Department of Health Violence and Injury Prevention Program**  
[www.health.utah.gov/vipp](http://www.health.utah.gov/vipp)

**Utah Division of Services for People with Disabilities**  
[www.dspd.utah.gov](http://www.dspd.utah.gov)

**Utah Medical Home Portal**  
[www.medhome.utah.edu](http://www.medhome.utah.edu)

**Utah Statewide Independent Living Council**  
[www.usilc.org](http://www.usilc.org)

**Utah State Office of Rehabilitation**  
[www.usor.utah.gov](http://www.usor.utah.gov)

**Valley Health Care System**  
[www.valleyhealthcare.org](http://www.valleyhealthcare.org)

**University of Utah Health Care**  
[www.healthcare.utah.edu/rehab/specialty\\_programs/brain\\_injury\\_program.php](http://www.healthcare.utah.edu/rehab/specialty_programs/brain_injury_program.php) and  
[www.healthcare.utah.edu/rehab/specialty\\_programs/spinal\\_cord\\_injury\\_program.php](http://www.healthcare.utah.edu/rehab/specialty_programs/spinal_cord_injury_program.php)

## National Resources

**Academy of Certified Brain Injury Specialists (ACBIS) (national certification program)**  
[www.aacbis.net](http://www.aacbis.net)

**Brain Injury Association of America (BIA)**  
[www.biausa.org](http://www.biausa.org)

**Brain Connection**  
[www.brainconnection.positscience.com](http://www.brainconnection.positscience.com)

**Brain Injury Recovery Network**  
[www.tbirecovery.org](http://www.tbirecovery.org)

**Brain Line**  
[www.brainline.org](http://www.brainline.org)

**Brain and Spinal Cord Injury**  
[www.brainandspinalcord.org](http://www.brainandspinalcord.org)



# Utah Resource Guide

for Individuals with Brain Injury,  
Families, and Professionals

