Traumatic Brain Injury Leader Training

girl scouts greater los angeles

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Training Guide Contents

This training guide is intended to support troop leaders in providing the best Girl Scout experience for girls of all abilities. If you have a scout in your troop or service unit with traumatic brain injury, this training guide will:

- Define traumatic brain injury
- Explain difficulties your scout might encounter during meetings, outings, and overnight trips.
- Provide a list of strategies, techniques, or equipment that will assist you in providing the best Girl Scout experience for a scout with Traumatic Brain Injury.
- Provide a list of other resources that might be helpful.

Create a Welcoming Girl Scout Troop

Every scout's brain works differently, and changes from a brain injury may not always be visible. By providing structure, patience, and support, troop leaders can help scouts with TBI feel understood, included, and successful.

What is Traumatic Brain Injury?

A traumatic brain injury (TBI) is an injury to the brain caused by a blow, bump, or jolt to the head. It can affect how a person thinks, learns, communicates, moves, and manages emotions.

The effects of a TBI can vary widely depending on the severity of the injury and the area of

the brain affected. Some scouts may experience temporary challenges, while others may have long-term changes in how they learn, behave, or interact.

A scout with a TBI may appear to have visible physical challenges, but also may have invisible challenges in areas such as: memory, attention, behavior, and emotional regulation.





Impacts of Traumatic Brain Injury

A traumatic brain injury can affect participation in troop meetings, activities, outings, and overnight trips in a variety of ways.

A scout with a TBI may:

- Have difficulty with memory, including remembering instructions or routines
- Need extra time to process information and respond
- Experience challenges with attention, focus, or organization
- Have changes in behavior or emotional responses, such as frustration or impulsivity
- Become fatigued more easily, especially during long or busy activities
- May experience frustration with friends because of increased sensory stimulation or difficulty understanding social cues

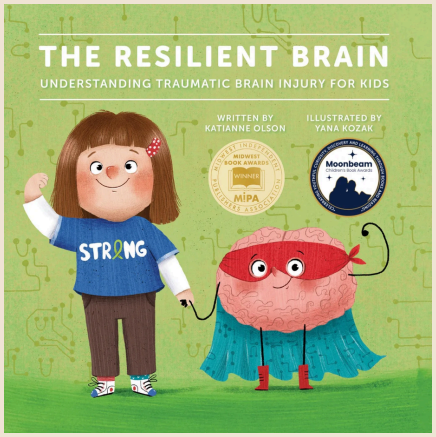
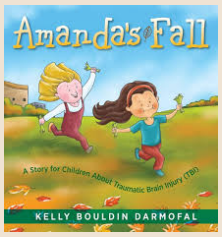
In group settings, fast-paced activities, noise, or multi-step directions may be more difficult. During outings or overnight trips, changes in routine and increased stimulation may require additional support. With understanding and appropriate strategies, scouts with TBI can successfully participate and enjoy all activities.

How to Help Mitigate Challenges Realated to Traumatic Brain Injury

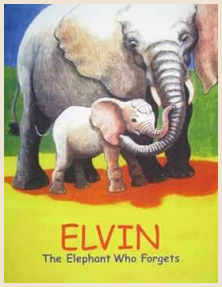
In order to provide a scout with a traumatic brain injury equal access to being a Girl Scout, here are some helpful strategies:

1. **Communicate with the scout and her family** to understand her specific strengths, needs, and any medical or cognitive considerations.
2. **Use clear, simple directions** and break tasks into smaller steps.
3. **Allow extra time for processing and responses** without rushing.
4. **Provide repetition and reminders** to support memory and understanding.
5. **Reduce distractions and background noise** when possible to support focus.
6. **Offer breaks as needed**, especially during longer or more demanding activities.
7. **Respond with patience and flexibility**, understanding that behavior or emotional responses may be related to the injury.

Additional Resources for Leading Scouts with Traumatic Brain Injury

Books	Video Links	Websites
The Resilient Brain: Understanding TBI for Kids by Katianne Olson  (Children's book)	 The Invisible Rain Cloud (Children's Resource)	NATIONAL ASSOCIATION OF STATE HEAD INJURY ADMINISTRATORS Children and Youth Resource List for TBI (Adult Resource)
Amanda's Fall by: Kelly Bouldin Darmofal  (Children's Book)	 Helping Kids Bounce Back: Understanding TBI (Adult resource)	 Embracing Nature: Accessible Outdoor Activities For All Abilities (Adult Resource)
Elvin, the Elephant Who Forgets		Alabama TBI Helpline-

by Heather Snyder



(Children's Book)



Traumatic Brain Injury in Kids

(Adult Resource)

1-888-879-4706

Alabama TBI Resources

ADRS

Teacher Acute Concussion Tool

(Adult Resource)

Conclusion

The Girl Scout experience should be accessible for girls of all abilities. If you need additional support to help with inclusion, please contact your local service unit or council.



Girl Scouts for ALL Abilities

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