



# Why Your School Needs a Concussion Management Team



## Did you know:

- Falls, motor vehicle crashes, and being unintentionally struck accounted for 84% of all TBI-related emergency department visits and 76% of all TBI-related hospitalizations.
- Traumatic brain injuries are now recognized as a chronic medical condition that can cause long term implications.

CDE offers **free, nationally recognized, evidence-based training** and technical support to help schools create Concussion Management Teams to support students who sustain a concussion (mTBI or mild traumatic brain injury).



For the 2024/25 School Year, the nationally recognized REAP manual was updated to reflect Colorado's Concussion Guidelines. This manual also includes an easy to follow flow chart.

After sustaining a mTBI, research indicates that students should return to school following a short period of rest (approximately 48 hours following the injury) even with tolerable symptoms.

Having a standardized concussion process in schools that support students and educators before an injury occurs will allow an injured student to:

- **Recover faster**
- **Remain in school while recovering**
- **Experience lower stress**
- **Reduce anxiety and avoidance behaviors**

**70% of concussions resolve within the first month when supported appropriately by the educational system.** It is important that immediate academic adjustments are implemented to best support the student recovery.

- In one large study of juvenile offenders, approximately 33% of the sample had a history of TBI (traumatic brain injury) compared with only 12% in the general population.
- People who experience homelessness are 2 to 4 times more likely to have a history of any type of traumatic brain injury (including concussions or mTBI).

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