

# MARCH IS BRAIN INJURY AWARENESS MONTH

A traumatic brain injury - or - TBI is a blow or jolt to the head that disrupts the normal function of the brain.

The severity of the TBI is determined at the time of the injury and can be classified four ways: mild, moderate, severe, or penetrating.

MORE THAN

**485K**

TBIS REPORTED  
SINCE 2000 BY U.S.  
SERVICE MEMBERS

**82.2%**

CATEGORIZED AS  
MILD TBI, ALSO  
KNOWN AS A  
CONCUSSION

ONLY

**16.9%**

OF TBIS OCCUR IN  
THE DEPLOYED  
SETTING

Activities that can lead to TBIs include:

## Military Training and Activity



## Sports and Recreational Activity



## Motor Vehicle Collisions



Brain Injury Awareness Month holds immense significance in the military community as it underscores the prevalence and impact of brain injuries among military personnel and veterans. It serves as a reminder of the sacrifices made and the resilience shown by those who have experienced such injuries in service to our nation.

It is also essential to acknowledge that brain injuries affect not only the individual but also their loved ones, caregivers, and support networks. Despite the challenges, there is hope. With access to comprehensive medical care, rehabilitation services, and community support, individuals with brain injuries can achieve remarkable progress in their recovery journey. Learn more information and access resources through the official [Military Health System](#).

Our Colleagues at Veterans Haven South observed TBI Awareness Month by sharing some of the stories of our veterans and by sharing facts, information and resources for individuals in the Veterans Haven South home.

See pictures below.

