



# Traumatic Brain Injury Council

# Learning and Support Resources

## TRAUMATIC BRAIN INJURY

Strategic Partnership Advisory Council  
of Washington State

## Educational Resources

### TBI Skill Builder

[Skill Builder](#) is a 4–5-hour course designed for anyone working with TBI. It can be completed at your own pace. Available online 24/7.

### University of Washington Extension for Community Healthcare Outcomes (UW ECHO)

[ECHO](#) connects service providers and professionals with virtual trainings to support patients, clients, caregivers and families. Trauma-informed interactive learning with experts in TBI case consultation and care coordination. Monthly online clinic held 1st and 3rd Fridays 12-1:30 pm.

### SafeKids Washington

[SafeKids](#) is a series of training modules and learning resources for parents, caregivers and youth. Connect with local coalitions for safety and prevention awareness efforts, such as helmet and lifejacket distribution, traffic and pedestrian safety, and more.

### Return to School

[Return to School](#) is designed to support parents, caregivers, school faculty, administrators, sports coaches and athletics staff with awareness and tools to prevent injury, identify TBI, access resources, and provide support around TBI at school and during school activities.

### TBI Resources and Workbook

[Comprehensive TBI workbook](#) filled with information, resources, journal prompts and more. Free download available for personal or client use.

## Support & Events

Whether you have experienced a traumatic brain injury, or are a paid/unpaid caregiver, provider, or support TBI information.

### Support Groups

Washington has a variety of [TBI virtual support groups](#) for caregivers, veterans, youth, and families.

### Capable Caregiver Manual

[Caregiver manual](#) covering TBI brain function and injury basics, trauma-informed and person-centered tools, supportive communication, and more. Includes resources for caregiver self-care. Available in 13 languages online, other languages available upon request.

### WA211 Resources

Call 2-1-1, or text 211WAOD to 898211 to get connected to a Community Resource Specialist trained in TBI. With a database of 30,000+ local and statewide resources, [WA211](#) will identify local and community resources available to people, providers, and caregivers.



### Events

Whether it's training, workshops, or events – find upcoming opportunities via the DSHS [TBI Events Portal](#).



### Additional Information

The [DSHS website](#) has additional information, resources, and support materials.