

Mental Health After Traumatic Brain Injury – From Evidence to Integrated Care A Workshop

PRELIMINARY AGENDA

The workshop will examine the relationship between traumatic brain injury (TBI) and mental health outcomes. TBI increases risk for depression, post-traumatic stress disorder, and mood and anxiety disorders, among other conditions. The workshop will provide an opportunity to consider shared challenges, surface key scientific and clinical questions, and share lessons and strategies across military, VA, and civilian systems to improve high-quality mental health care after TBI. Invited presentations and discussions may be designed to:

- Synthesize evidence on mental health outcomes after TBI and explore the biological, physiological, and behavioral pathways by which TBI elevates risk for these conditions.
- Consider the translation of knowledge to practice through screening and delivery of brain injury–tailored mental and behavioral health therapies and interventions.
- Discuss barriers to addressing mental health as a core component of TBI management, as well as practical solutions to challenges such as access and continuity of care, enhanced workforce training to care for people with TBI, and recognition that patients' and caregivers' mental health are often intertwined across the care continuum.
- Identify examples of near-term data and research priorities to inform, implement, and evaluate care models and policies that address mental health after TBI.

A proceedings of the presentations and discussions at the workshop will be prepared by a designated rapporteur in accordance with institutional guidelines.

May 11 (all times ET)

9:15 – 10:00 AM SESSION 1: Introduction to Mental Health Impacts of TBI from the Perspective of Persons with Lived Experience

The opening session frames the scope of mental health challenges after TBI across the lifespan and explores both epidemiology and lived experience, including family systems impact. The session introduces the focus of the workshop and grounds information on the nature and prevalence of mental health challenges after TBI in real-world experience.

9:15–9:25 AM Welcome and Introductory Remarks: Jennifer Bogner, The Ohio State University, *Planning Committee Chair*

9:25-10:00 AM How Individual and Family Mental Health is Affected After TBI
Moderated Conversation

10:00–11:30 PM SESSION 2: Mental Health After TBI Through a Bio-Psycho-Socio-Ecological Lens

This session examines how complex interplays among biological mechanisms (ex., neuroinflammation, network disruption), psychological factors (ex., trauma history), and

social/ecological influences (ex. community systems and supports, access to care, SDOH) interact to shape mental health outcomes after TBI. Panelists will explore how these intertwined elements contribute to risk and recovery, and discuss implications for identifying who needs what types of support.

- 10:00-10:20 AM Introduction to BPSE Model as it Relates to Mental Health Outcomes After TBI: Intersections Among Different Systems and Factors
- 10:20-11:10 AM Elements of the BPSE Model: Panel Presentations
- 11:10-11:40 AM Moderated Discussion
Questions will further explore interactions among mechanisms and moderators, including diagnostic challenges, and implications for care, services, and supports that improve mental health outcomes.
- 11:40-12:20 PM Lunch
- 12:20-2:20 PM **SESSION 3: From Screening to Sustained Care — What Does a Good System Look Like?****

This session shifts to action: how mental health needs after TBI can be effectively identified, addressed, and followed over time. Speakers will outline essential elements of a high-quality care pathway — including screening and referral triggers, psychiatric and behavioral interventions, care coordination, and continuity among acute, rehabilitation, primary care, and community settings.

- 12:20-12:40 PM Planning for Effective Implementation & Evaluation: Beginning with the End in Mind
- 12:40-1:50 PM Panel Presentations
- 1:50-2:20 PM Discussion
- 2:20-2:45 PM Break
- 2:45-4:00 PM **SESSION 4: Parallel Breakout Sessions****
Focused discussion questions will be provided.
- 4:00-5:00 PM **SESSION 5: Reporting Out and Synthesis - Advancing Tangible Solutions****

After brief report-outs, discussion will focus on cross-cutting themes spanning science, care delivery, workforce development, and policy.
- 5:00-5:15 PM **Wrap Up and Adjourn Day 1****

May 12

9:00-11:30 AM SESSION 6: Implementing Improved Mental Health Care After TBI

The final session focuses on real-world systems, cross-system lessons, and effective translation of knowledge to practice. The session examines how lessons from military, VA, and civilian health systems can inform each other, what adaptations are needed to better address the needs of underserved populations (for example, people with TBI in rural locations, justice-involved settings, or contending with homelessness), and what approaches and concrete elements best guide implementation and evaluation of care models and policies.

9:00–9:10 AM Welcome and Day 2 Objectives

9:10-9:50 AM Cross-System Military, VA, and Civilian Lessons and Opportunities

9:50-10:40 AM Addressing Barriers to Meet the Post-TBI Mental Health Care Needs of Underserved Populations

10:40-11:20 AM **Concluding Discussion**
Collective discussion among workshop participants on strategies to address post-TBI mental health needs of individuals and families, research priorities, and approaches to effectively implement, refine, and improve care models and policies.

11:20 AM Final Remarks: Jennifer Bogner, The Ohio State University, *Planning Committee Chair*

11:30 AM WORKSHOP ENDS