



Get Schooled on Concussions for Missouri

Program Partners



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Get Schooled on Concussions for Missouri

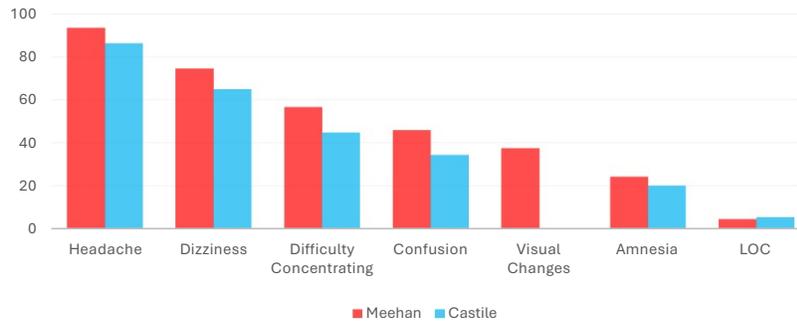
Coordinated School Health Conference
February 26, 2026

Presenters

Deb Cook, RN, School Nurse
Maureen Cunningham, CFRE, Brain Injury Association of Missouri

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Common Symptoms



Source:

- Meehan W, et al. Mechanism, Symptoms, and Management: High School Concussions in the 2008-2009 Academic Year. *Am J Sports Med.* 2010; 38(12):2405-2409
- Castile L, et al; The epidemiology of new versus recurrent sports concussions among high school athletes, 2005-2010. *British Journal of Sports Medicine* 2012;46:603-610

Adapted from information by Dr. Mark Halstead



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Challenges of Signs and Symptoms



- Challenging to sort out what is concussion or not.
- Concussion symptoms can overlap with other conditions.
- Use of symptom checklists may be beneficial.

Adapted from information by Dr. Mark Halstead



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Typical Recovery for Youth



- 50% of pediatric patients recover within a week.
- 70-80% will have recovered by 3-4 weeks after the injury.
- 5-10% have recovery lasting longer than 6 weeks.

Source:

1. Taubman B, McHugh J, Rosen F, et al. Repeat concussion and recovery time in a primary care office. *J Child Neurol*. 2016;31(14):1607-1610
2. Nelson LD, Guskiewicz KM, Barr WB, et al. Age differences in recovery after sport-related concussion: a comparison of high school and collegiate athletes. *J Athl Train*. 2016;51(2):142-52.
3. Williams RM, Puetz TW, Giza CC, et al. Concussion recovery time among high school and collegiate athletes: a systematic review and meta-analysis. *Sports Med*. 2015;45(6):893-903.
4. Erlanger D, Kaushik T, Cantu R, et al. Symptom-based assessment of the severity of a concussion. *J Neurosurg*. 2003;98(3):477-84.
5. Lee YM, Odom MJ, Zuckerman S, et al. Does age affect symptom recovery after sports-related concussion? A study of high school and college athletes. *J Neurosurg Pediatr*. 2013;12(6):537-44
6. Purcell L, Harvey J, Seabrook JA. Patterns of recovery following sport-related concussion in children and adolescents. *Clin Pediatr*. 2016;55:452-458
7. McClincy MP, Lovell MR, Pardini J, et al. Recovery from sports concussion in high school and collegiate athletes. *Brain Inj*. 2006;20(1):33-39.

Adapted from information by Dr. Mark Halstead



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Grading/Severity of Concussions



- Recommended since 2001 to not use grading scales for concussion.
- Avoid descriptors as mild/moderate/severe.
- Patients may have 'mild' symptoms, but that doesn't mean the injury was any less severe than someone with 'severe' symptoms.

Adapted from information by Dr. Mark Halstead



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Return to Learn Roles



- Educators should be responsible for how students handle learning after concussion.
- Health care professionals have never been trained to manage the school day for a concussed student.
- Athletic Trainers are focused on return-to-play.



Adapted from information by Dr. Mark Halstead

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Understanding Return to Learn



- Using the brain after a concussion does not worsen the brain injury
 - Symptoms may worsen, but the actual injury to the brain does not
- Fear about being in school
 - Avoidance may delay recovery
- Recommendations made by health care professionals often contrary to current evidence
 - Sitting in a dark room – outdated
 - Not allowing youth to sleep – outdated
 - No physical activity – outdated
 - Light physical activity within 72 hours recommended since 2014



Adapted from information by Dr. Mark Halstead

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“Brain Rest ?!?”



- Consider *reducing* cognitive stress, not eliminating
 - Reduced school load/homework
 - Untimed tests
 - Environmental adjustments (noise, seating, etc)
- *May* need to limit video games, texting, reading, computer use, TV
- Change electronic settings
- Consider restrictions on driving → reduced reaction time is a real issue

DO NOT TREAT CONCUSSION AS A PUNISHMENT!



Adapted from information by Dr. Mark Halstead

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Return to Learn Terminology



Academic Adjustment – Nonformalized adjustments made to the student's environment that do not jeopardize the curriculum or require alterations in standardized testing

- Academic Accommodation – longer-term needs (usually >3 weeks) which may include changes to schedule, extra time on work, but still within context of regular education. Can be formalized in 504 plan
- Academic Modification – more prolonged and possibly permanent changes to educational plan, necessitating special education with needs specified in an IEP.



Adapted from information by Dr. Mark Halstead

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Return to Learn



- 504 Plans and IEP's are rarely needed
 - Just requesting one requires school to go through the effort
 - Limited resources
 - 504 and IEP's take time to implement

- Homebound should be avoided
 - Youth benefit from being in school
 - Adjustments for other students can often be used for concussed students



Adapted from information by Dr. Mark Halstead

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Get Schooled on Concussions for Missouri

Free resources and tools to save time for
teachers in supporting any concussed
student in return to learn.

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Let's Get Schooled on Concussions for Missouri

<https://Getschooledonconcussions.com/Missouri>

Password: TACTmissouri2022

or Scan the QR code



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A screenshot of a web browser displaying the Missouri page of the 'Get Schooled on Concussions' website. The browser address bar shows 'tact.getschooledonconcussions.com/missouri/'. The website has a dark navigation bar with the logo and menu items: Home, Why, Pricing, Free Trial, Resources, FAQs, About, Contact Us, and My TACT. Below the navigation bar, there are links for Missouri Educators Home, TACT, Tip Sheets, and Videos. The main heading reads 'Welcome Missouri Educators' followed by 'BROUGHT TO YOU BY:'. Below this are logos for the Brain Injury Association of Missouri, MoATA, Missouri Department of Health & Senior Services, and Missouri AgrAbility. There are two main call-to-action buttons: 'ACCESS TACT' (with a laptop icon) and 'ACCESS TIP SHEETS' (with a document icon). The 'ACCESS TACT' button includes a description: '4-week specific classroom strategies delivered directly to your inbox tailored to your teaching style, content area, environmental and student factors.' The 'ACCESS TIP SHEETS' button includes a description: 'Access to over 30 individually crafted lessons on how to support students in the classroom and with protracted recovery.' There is also an 'ACCESS VIDEOS' button (with a video camera icon). At the bottom left, there is a link: 'https://tact.getschooledonconcussions.com/tact-subscriber/'.

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Missouri Educators Home [TACT](#) [Tip Sheets](#) [Videos](#)

TACT (Teacher Acute Concussion Tool)

I am completing the TACT right now: *

- In "real-time" – a student in your school has been diagnosed with a concussion and is returning to the classroom soon and/or has already returned to the classroom.
- In a training on how to support students, in general, post-concussion

OUR MISSION

Our mission is to empower educators to take control over how cognitive inefficiency impacting learning, is handled in your classrooms. School is the educator's

CONTACT US

tact@GetSchooledOnConcussions.com



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Home [Why](#) [Pricing](#) [Free Trial](#) [Resources](#) [FAQs](#) [About](#) [Contact Us](#) [My TACT](#)

Your Information

Name *

Michelle Boyd
First Last

School or Work Email *
Must use school or work email. Personal email addresses and school/work emails that don't align with this state subscription will be blocked.
 mboyd@truman.edu

School Information

School/Clinic *
 Truman State University

District/Organization *
 GLVC

Role at school/work *

- Nurse
- Administrator
- Support
- Teacher
- School Psychologist
- School Social Worker
- Counselor
- Athletic Trainer**
- Clinic Staff
- Nurse Practitioner / PA
- Parent
- Other

Additional email addresses
Enter all email addresses of teachers/related service providers/parents (up to 20 max). Who you enter is up to you, however, all of this student's teachers should be included. Others/parents are optional.

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The screenshot shows a web browser displaying the 'Get Schooled on Concussions' website. The navigation bar includes links for Home, Why, Pricing, Free Trial, Resources, FAQs, About, Contact Us, and My TACT. The main content area is a survey form with the following sections:

- Survey**: A heading for the form.
- Student ID Number**: A text input field containing the number 8475349.
- Optional**: A section for additional email addresses.
- Additional email addresses**: A sub-heading with instructions: "Enter all email addresses of teachers/related service providers/parents (up to 20 max). Who you enter is up to you, however, all of this student's teachers should be included. Others/parents are optional." Below this are three email input fields:
 - math_teacher@truman.edu
 - spanish_teacher@truman.edu
 - PE_teacher@truman.edu
- Upload any additional information**: A section with a file upload button and text: "No file chosen. Max. file size: 10 MB." Below this is a radio button for "Student attends *".
- Student attends ***: Two radio button options:
 - Elementary level
 - Middle, High School or College level

The footer contains three columns: "OUR MISSION" (Our mission is to empower educators to take control over how cognitive inefficiency, impacting learning, is handled in your classrooms. School is the educator's domain.), "CONTACT US" (tact@getschooledonconcussions.com), and the "Get Schooled on Concussions" logo.

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The screenshot shows an email client interface displaying a message from the TACT Team. The subject is "Notification of Concussion and Classroom Resources". The sender is "TACT Team <tact@getschooledonconcussions.com>" and the recipient is "Karen McAvoy".

The email body contains the following text:

Dear Teacher,

You are receiving this email from Karen McAvoy at/for East High School on January 23, 2024 letting you know that student ID#:1234 is returning to your classroom following a concussion.

The TACT will help you 1.) ease any student back into the classroom - after they have missed instruction due to sustaining a concussion, 2.) ease any student back into a reasonable amount of work - after they have been physically ill or cognitively unavailable to learn and 3.) help you and your student check for mastery and earn a fair grade.

While you are supporting academics, this student cannot risk hitting their head again. Therefore, this student **MUST sit out of all physical activity in school-sponsored sports, PE class and physical activity at recess/off-periods until you are instructed that it is safe to return them to play.**

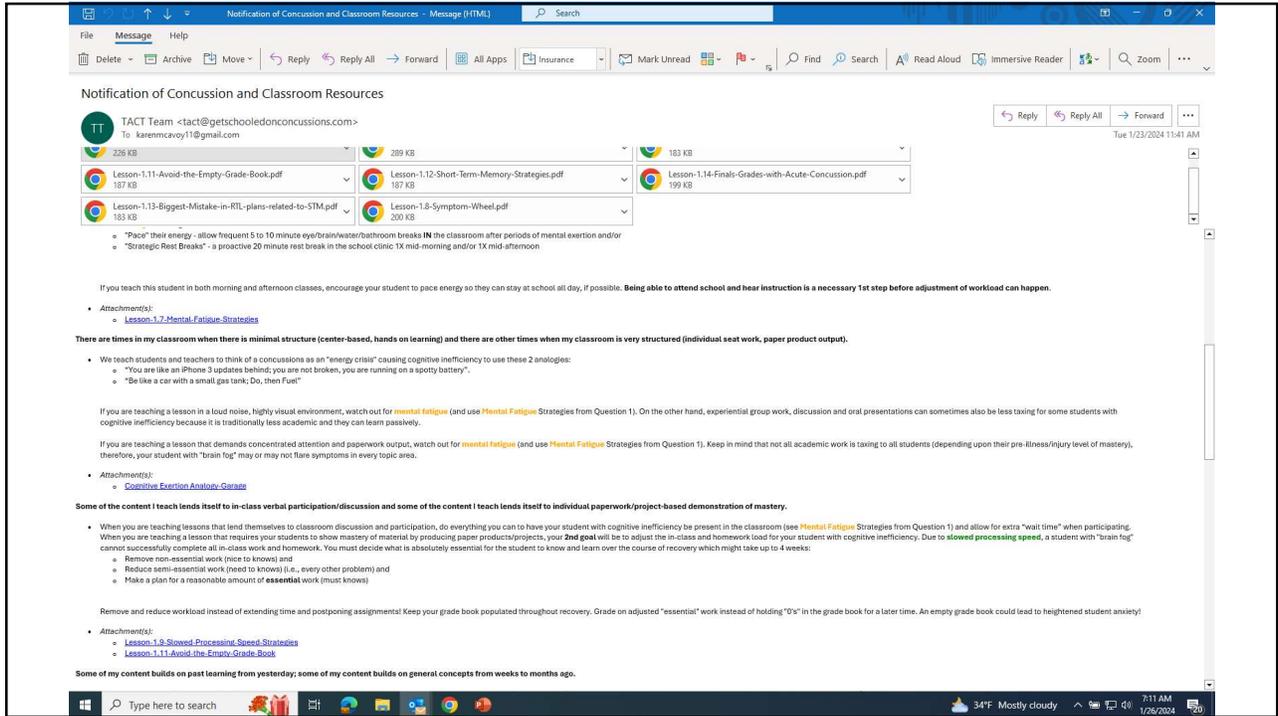
Concussion research tells us that 70% of school-aged students resolve their concussion within 4 weeks. Therefore, quick, nimble and flexible "differentiated instruction" depends on you - the teachers - the FIRST RESPONDERS - in a seamless Return to Learn post-concussion plan. Here are some ideas to help you get started - you don't have to do ALL the interventions suggested below - just read them over and see what fits for your classroom environment and teaching style. We ask you to focus on these 3 things, in this order:

Mental Fatigue	Slowed Processing Speed	Short-Term Memory
Symptom (aka) Energy Management <ul style="list-style-type: none"> Impacts attendance Impacts instruction 	Impacts work output <ul style="list-style-type: none"> REMOVE non-essential work REDUCE semi-essential work 	Impacts demonstration of mastery, tests & grades <ul style="list-style-type: none"> "Fair Testing" "Alternative Appraisals"

* NOTE: A personalized RTL Plan for this student may be attached below at the bottom of this email.

The email interface shows a list of attachments: Lesson-1.11-Avoid-the-Empty-Grade-Book.pdf (187 KB), Lesson-1.12-Short-Term-Memory-Strategies.pdf (187 KB), Lesson-1.13-Biggest-Mistake-in-RTL-plans-related-to-STM.pdf (183 KB), Lesson-1.14-Finals-Grades-with-Acute-Concussion.pdf (199 KB), and Lesson-1.8-Symptom-Wheel.pdf (200 KB).

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BRAIN INJURY ASSOCIATION OF MISSOURI

Get Schooled on Concussions for Missouri

Show Me the TACT

Personalized assistance for School Districts to implement district-wide implementation of the Get Schooled on Concussion resources.

Get Schooled on Concussion for Missouri Task Force

Missouri AgrAbility | **MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES** | **MoATA** Missouri Athletic Trainers' Association

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Get Schooled on Concussions for Missouri Task Force

Dr. Karen McAvoy

Deb Cook Linda Neumann Melanie Thompson



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Get Schooled on Concussions/Missouri

Login Information

<https://www.getschooledonconcussions.com/missouri/>

Password (case sensitive) TACTmissouri2022



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More Information

Brain Injury Association of Missouri

(314) 426-4024

(800) 444-6443

Concussions@biamo.org