



**Brain Injury  
Alliance**

I O W A

## 4th Annual Iowa Concussion Consortium Conference

### **ANNIE RANDOLPH, BS, CBIS**

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Annie has been a with the Brain Injury Alliance of Iowa since 2014. She recently switched roles with the organization from Neuro Resource Facilitator to its Outreach and Resource Network Manager. Annie is from Ankeny, Iowa, and graduated from Iowa State University in 2012 with her Bachelor's Degree in Child, Adult, and Family Services. She currently lives in Sheldahl with her husband and son. She has a strong passion for helping those who are going through life's challenges. Her prior work experience was in the domestic and sexual violence field helping survivors of abuse connect to resources and supports. She is passionate about helping people through the power of positivity. She knows there may not always be an answer, but there is always a way to provide support.

### **“Concussion Management at Home”**

Concussion management begins with the youth in mind. As Iowa progressed to implementing laws that pertain to addressing sports related concussions with Return to Learn and Return to Play requirements, we look at evidenced based programming and how this can translate into optimizing recovery at home. Breaking down the components of concussion, recovery, and management of symptoms during this session, attendees will hear about how to support a student in a return to the classroom and an individualized return to learn process that will optimize recovery as much as possible. Addressing mental fatigue, slowed processing speed and short-term memory as youth and families navigate school responsibilities, and home life.



1. Attendees will discuss how they can best support a student in returning to school and therefore, return to learn
2. Attendees will review and discuss common symptoms that can occur following a concussion and how those can be managed at home and at school
3. Attendees will learn about a tool they can encourage teachers to utilize to support the return to learn process