

Brain Injury Resources and Tools for People Experiencing Housing Insecurity in Minnesota

People who need housing or housing services are more likely to have a brain injury. However, providers often do not know if a person has a history of brain injury, or, the injury is not documented. When the person you are working with has a history of brain injury, they may be eligible for certain services that can support the housing process.

This resource can help you learn how to identify a history of brain injury, make the right referrals, and connect your clients to resources.

This resource includes 3 sections:

- Screening for Brain Injury
- Resources in MN for People with Brain Injury
- Additional Training for Providers

First, you need to know if the person has a history of brain injury.

Has the person been screened for a history of brain injury?

Or do you have a documented history of brain injury?

If no, start on [page 2 – Screening for Brain Injury](#)

If yes, start on [page 3 – Resources in MN for People with Brain Injury](#)

If you are looking for ways to learn more about supporting people with brain injury, start on [page 7 – Additional Training for Providers](#)

Screening for Brain Injury

If you do not know if the person has a history of brain injury, the first step is to screen.

You can use the HELPS tool to screen for a history of brain injury.

What is the HELPS Tool?

The HELPS tool is a brief screening for Brain Injury. This tool is intended to be used by professionals whose primary field of practice is other than brain injury.

Who is it for?

The HELPS can be used with anyone who is accessing housing or shelter services.

What does it do?

The HELPS asks if the person has ever:

Hit their head
Been seen in an **E**mergency room,
Lost consciousness,
Had **P**roblems after the hit to the head,
and any other **S**ignificant sickness.

Answering these questions can identify if someone has a history of brain injury, and if it may be impacting their daily life. Screening for brain injury is the first step to find and refer someone to additional services and resources.

How to find and use the HELPS tool:

The HELPS tool can be downloaded from the HB101 Resources Section:

<https://mn.hb101.org/documents/HELPS>

A video of administering the HELPS tool can be found here:

<https://youtu.be/m35nYC5qq0g>

Some providers can screen for brain injury using the HELPS tool in MN Access

<https://mn.gov/dhs/>

Resources in MN for People with Brain Injury

If the person has a history of brain injury or answered YES to any questions on the HELPS tool, use the following resources to connect them to additional services:

MN Brain Injury Alliance

Who is it for?

Anyone in Minnesota who has a history of brain injury or who scored at least 1 point on the HELPS (answering yes to at least one question).

What does it do?

Resource Facilitation is a free, two-year telephone support program that provides education and connection to supports and resources to assist people in navigating life after brain injury.

Participants receive scheduled calls over a two-year period to help problem-solve issues and identify resources to help them transition back to family life, work, school, and the community while achieving the greatest level of independence as possible.

Individuals can be referred by a professional or self-refer at any time.

How to access this resource:

<https://www.braininjurymn.org/resource-facilitation/index.php>

Or call:

800-669-6442

612-378-2742

Disability HUB MN™

Who is it for?

Disability Hub MN™ is available to anyone with a disability, their families/caregivers, and professionals who provide support to people with disabilities.

What does it do?

Disability Hub MN™ is a free statewide resource network that helps people with disabilities solve problems, navigate the system, and plan for the future.

How to access this resource:

<https://disabilityhubmn.org/>

The information on the Disability Hub MN™ website is available in other formats to people with disabilities by using the [contact us form](#), calling the Hub at 1-866-333-2466 or using a preferred relay service.

Housing Benefits 101 (HB101)

Who is it for?

Housing Benefits 101 (HB101) helps people who need affordable housing. It also helps people find supports to maintain that housing and understand the range of housing options and support services available.

What does it do?

HB101 can help you make choices about where you want to live. It can also help you figure out a long-term housing plan that works for you, and the steps to move toward your housing goals.

The website includes information on specific types of housing, services, and life situations like yours. You can learn about your housing options, how to pay for housing, and how to get the services you need, wherever you live.

How to access this resource:

[HB101 Minnesota – Home](#)

Or call:

1-866-333-2466

Social Security Administration

Who is it for?

Social Security disability benefits can be paid to adults who have a physical or mental health condition. People can apply if the condition keeps them from working full time or at all. People with brain injury may be eligible if they are unable to work.

Social Security Advocacy Services are available to children or adults between the ages of birth and 65 who:

- Have a disability which has lasted or will last for 12 months or longer; and
- Live in the state of Minnesota; and
- Are currently homeless OR at risk for homelessness.

What does it do?

Supplemental Security Income (SSI) and Social Security Disability Income (SSDI) are federal disability benefits. They provide income to people who cannot keep a job because of a disability.

Supplemental Security Income (SSI) provides a monthly cash benefit to children and adults who are disabled and have limited income and resources.

How to access this resource:

[Social Security Advocacy Services / Minnesota Department of Human Services \(mn.gov\)](#)

To find a Social Security advocate who can help:

Visit our [Social Security Advocacy online directory](#)

Visit the [Disability HUB MN site](#)

Call Disability Hub MN at 1-866-333-246

Community Based Waiver Programs

Who is it for?

Community Based Waiver Programs are for people who:

- Are certified as disabled by the State Medical Review Team or by the Social Security Administration.
- Are eligible for Medical Assistance.
- Are under the age of 65 years when the waiver is opened.
- Are determined to need the level of care available in a nursing facility or neurobehavioral hospital.
- Choose services in the community instead of services in a nursing facility or neurobehavioral hospital.
- Experience significant/severe behavioral and cognitive problems related to injury or disease.

What does it do?

The Waiver provides funding for home and community-based services for children and adults who have an acquired or traumatic brain injury.

People may receive Waiver services in:

- Their home
- In a biological or adoptive family's home
- In a relative's home (e.g. sibling, aunt, grandparent)
- In a family foster care home
- In a corporate foster care home
- In a board and lodging facility
- In an assisted living facility
- If married, a person may receive waiver services while living at home with their spouse

How to access this resource:

You can apply for waiver services at your [local county agency or tribe](#).

For more information, view the [Brain Injury Waiver fact sheet \(PDF\)](#).

and/or the

[Community Access for Disability Inclusion Waiver fact sheet \(PDF\)](#)

Training for Providers

To learn more about supporting people with brain injury, you can use the following trainings and resources:

MN Brain Injury Alliance: Brain Injury Basics Series

Overview

The Minnesota Brain Injury Alliance provides free educational opportunities for all people affected by brain injury and stroke, including their family and friends. It also offers training opportunities for the professionals who support them.

Content includes:

1. Brain Injury Basics
2. Adjustment to Brain Injury
3. Caregiving

Where to find it:

Registration for Brain Injury Basic Series:

<https://www.braininjurymn.org/education/BIBasics.php>

Registration for professional lunch and learn series on various brain injury topics:

<https://www.braininjurymn.org/education/lunch-learn.php>

In-person brain injury training for professionals and organizations:

<https://www.braininjurymn.org/education/TravelingWorkshops.php>

MN DHS Disability Services Division

Overview

DHS has short video trainings developed for professionals working with individuals with brain injury. These videos help providers learn more about brain injury, the importance of screening, and how to accommodate different symptoms that may be experienced by those with a brain injury.

Content Includes:

1. Brain injury basics
2. Accommodating symptoms of brain injury:
 - Attention
 - Impulsivity
 - Memory
 - Mental Flexibility
 - Planning and Organization
 - Processing
 - Initiation
 - Self-Awareness

Where to find it:

https://www.youtube.com/watch?v=Yli_uCjYb1A&list=PL3aX-SwPBm1jaGX49ZFzk1fOI7vLGu0C&index=1

Center on Brain Injury Research and Training (CBIRT) Staff TBI Skill Builder

Overview

Staff TBI Skill Builder is a free 14-module, online training program designed for staff new to working with adults with brain injury . Skill Builder can also be used as a refresher course for staff with more experience working with this population.

Where to find it:

<https://cbirt.org/research/current-projects/staff-tbi-skill-builder>

Additional Webinars

Overview

There are additional webinars if you would like to do a deeper dive on supporting people with brain injury. Visit the National Association for State Head Injury Administrators (NASHIA) and/or the Center on Brain Injury Research and Training (CBIRT) websites for upcoming and recorded webinar opportunities.

Content Includes:

Both organizations offer webinars (live and recorded) and trainings to support people living with brain injury.

Where to find it:

NASHIA

www.nashia.org

Trainings: <https://www.nashia.org/trainings-archive>

CBIRT

<https://cbirt.org/>

Recorded webinars:

<https://cbirt.org/tbi-team/recorded-webinars>

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