



# Marcus Institute for Brain Health

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

## OVERVIEW

The Marcus Institute for Brain Health (MIBH) at the University of Colorado Anschutz Medical Campus is a clinical care and research institute for Traumatic Brain Injury (TBI) and Psychological Health (PH) conditions such as post-traumatic stress, depression, and anxiety. Our mission is to deliver comprehensive care, conduct focused research, and export knowledge to benefit military Veterans, athletes, civilian patients, their families, health care professionals, and society. At the MIBH, we strive to advance training, educational and research activities in support of our clinical care model.

The primary focus of the MIBH is to care for former military personnel who have separated from active duty, with special consideration for those who were separated with "Other Than Honorable" or "Dishonorable" discharge status due to TBI or PH conditions. It will also serve civilian adults who have sustained mild to moderate TBI and are experiencing lingering neurological problems or co-morbid PH conditions. As an example, some retired athletes have had repeated hits to the head, for which ongoing neurological care is needed. While each condition can independently cause specific symptoms, co-occurrence can cause a complex constellation of symptoms that vary widely and require a treatment plan specific to each individual.

The MIBH offers intensive outpatient care with detailed diagnostic and treatment services, frequently in a four-week program, that integrates conventional medicine with complementary and alternative medicine. Patients and families will receive extensive education regarding the nature of TBI and PH conditions designed to enhance self-management of symptoms aimed at improving quality of life. We will partner with Veteran-serving nonprofits across the nation, to best treat veterans suffering the hidden wounds of war. In collaboration with existing consortia engaging in TBI and PH care for veterans, the MIBH is a "center of excellence" model.



# MARCUS INSTITUTE FOR BRAIN HEALTH

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## DIAGNOSTICS AND INTERVENTIONS

**Advanced Technologies:** The MIBH is located at the University of Colorado Anschutz Medical Campus, and this location provides access to advanced diagnostic techniques. This may include overnight sleep studies, actigraphy monitoring (sleep), magnetoencephalography (MEG), as well as structural imaging like CT and MRI, depending on your set of needs. Plans are underway to include the most advanced brain imaging available in the Rocky Mountain region. This cutting edge tool, which will be used by clinical care and research communities, has dedicated uses specifically for patients at the MIBH.

**Therapy Team:** Experience defines the intervention team at the MIBH. Clinical expertise is much more than knowing the science. It's how we take the research and apply it for each patient in a unique way. Caring is a science and expertise comes from years of experience, "marrying" the research base and our own clinical judgment. In addition to expertise, the therapists at the MIBH are flexible and team-based. Having all the treating professionals in one place means that interdisciplinary care is at your fingertips. We know that care in one location makes life easier for you and is effective to help with your physical, cognitive, and emotional needs. In addition, we have a dedicated research scholar to ensure that we continue to provide cutting edge interventions as the science of blast injuries, sport-related concussive, and subconcussive injuries continues to evolve. Our mission is to provide you with the best possible care available.

**Cognitive (Speech-Language) Therapy:** Successful communication is taken for granted by many people. This is more than just moving your mouth the right way. It's about thinking of what to say and getting your ideas out clearly. Sometimes understanding the meaning of a message can be equally frustrating. In speech-cognitive therapy, we do work on communication, but we also address thinking skills and how fatigue changes the game. Many people notice changes in attention, memory, and more complex skills, like planning, organization, and time management. Speech-cognitive therapy gives you the tools both to remember your keys and plan ahead for tomorrow.

**Counseling & Psychological services:** After TBI, some people notice changes in emotional health right away, and for others emotional changes develop over time. You know the struggles in your own life. Maybe post-traumatic stress is a constant. Maybe it's anxiety and depression. Sometimes the changes in personality and sleep impact one the most. Care begins with in-depth neuropsychological assessment. Our psychologists and social workers are experienced in both TBI and psychological health needs. This means they understand how the physical and cognitive effects of TBIs interact with your psychological well-being. Counselors may work with you on trauma resolution, regaining emotional control, or sleep health. Your individual needs will steer your work in emotional healing.

**Physical Therapy:** The ability to move is foundational, and in life, movement often equals freedom. In PT, we have two main goals: increasing your mobility and decreasing your pain. Our care team has expertise in rehabilitation of your balance/vestibular system, working with scar tissue and amputations, and overall movement. Similarly, we know your bodies are in pain: headaches, joints, backs. And when the body hurts, it affects all parts of life. By reducing your pain, we hope to give you more energy for however you'd like to use it.

**Complementary and Alternative Therapies:** For centuries, people have known that healing occurs in many ways. At the MIBH, we integrate many complementary and healing practices in our care. In fact, we find that they allow more traditional types of therapies to work better. As we are located within the Anschutz Health and Wellness Center, options are at our fingertips. Some of our complementary therapies are:

### Currently available:

Acupuncture/Acupressure | Therapeutic Massage  
Mindfulness Training | Yoga

### Coming in 2018:

Canine therapy | Equine therapy | Art Therapy

## PRIORITY OF PATIENTS

**1** Military Veterans with persistent concussion symptoms who do not qualify for care within the VAMC system due to "Other than Honorable" or "Dishonorable" discharge status

**2** Military Veterans with persistent concussion symptoms who qualify for care within the VAMC system but choose not to utilize the VAMC

**3** Military Veterans who received care in the VAMC system but seek specialized care at the MIBH or who are referred from the VAMC system for specialized care

**4** Retired professional and amateur athletes whose persistent concussion symptoms are chronic (>6 months)

**5** Civilian adult patients who are referred by UC Health or other referral sources whose persistent concussion symptoms are chronic (>6 months) or whose complex problems require specialty care, such as psychiatric comorbidity, behavioral disturbance, or complex polytrauma

