

# NH STATE ADVISORY COUNCIL ON SPORT-RELATED CONCUSSION

## BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE

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### **MISSION:**

#### **IMPROVE CONCUSSION- RELATED SAFETY OF YOUNG ATHLETES IN NEW HAMPSHIRE**

Bureau of  
Developmental  
Services, NH  
Department of Health  
and Human Services

Children's Hospital at  
Dartmouth Injury  
Prevention Program

Injury Prevention  
Program, NH  
Department of Health  
and Human Services

New Hampshire  
Association of School  
Psychologists

New Hampshire  
Athletic Directors  
Association

New Hampshire  
Athletic Trainers  
Association

New Hampshire  
Department of  
Education

New Hampshire  
Interscholastic Athletic  
Association Sports  
Medicine Committee

New Hampshire  
Musculoskeletal Institute

New Hampshire  
Medical Society

New Hampshire  
Pediatric Society

New Hampshire School  
Learning Incentives  
Concussion 911

New Hampshire School  
Nurses Association

Northern New England  
Neurological Society

Traumatic Brain Injury  
Program—Dartmouth

About NH State Advisory Council:

Mission: Improve concussion-related safety in young athletes in NH.

Goal: The NH State Advisory Council on Sport-Related Concussion was created to provide guidance for school and youth league administrators, coaches, parents and athletes on this very important topic. The purpose of the Advisory Council is to guide the creation and implementation of a best-practice model for sport-related concussion management including safe return to sports and return to school.

Objectives:

1. Adopt a statewide "consensus statement" that defines concussion and outlines the issues involved in managing return-to-play and return-to-school decisions for youth athletes.
2. Review "best practice" in concussion prevention, education and clinical management.
3. Recommend/test/implement a model concussion screening protocol utilizing "best practice" in neuropsychological assessment that can readily be adapted and utilized by local schools
4. Test/implement a "model" education and outreach effort for parents, youth athletes, coaches and physicians.

Pilot Study: beginning in school year 2008-2009, the NH State Advisory Council has awarded 10 schools with demonstration project grants. The selections were based on several criteria, including the number of potential athletes, geographic location, public versus private, presence and absence of specific resources (e.g., athletic training, cognitive testing). The intention was to select a diverse cohort so that the Advisory Council could better understand representative needs and situations in the State. The schools selected were: John Stark, New Hampton, Keene, Kearsarge, Windham, Kingswood, Londonderry, Salem, Newport and Dover. The goal is to demonstrate an effective school-based concussion management program utilizing state of the art practices.