

## Early Response Concussion Service (ERCS)

The GF Strong Early Response Concussion Service (ERCS) is an early intervention and follow-up service for clients living with the effects of a recent concussion or mild traumatic brain injury (mTBI). An Occupational Therapist provides the ERCS interventions.

### This service is available for clients who:

- are age **19 or over** (18 if they have graduated from high school)
- are **6 months or less** post injury; and
- **live in the Vancouver Coastal Health Region** (includes Vancouver, North Vancouver, West Vancouver, Richmond, Sea to Sky, Sunshine Coast, Central Coast and Powell River)

### Services provided:

- Upon receipt of a referral, all clients are mailed a package that includes general information about concussion and guidelines for self-management of recovery;
- Clients will be invited to attend a comprehensive group education session led by the ERCS Occupational Therapist which includes the following:
  - Provision of detailed information about the brain and how it functions; as well as realistic expectations about recovery from mTBI specific to the client;
  - Provision of strategies on how to self-manage post concussive physical, cognitive and/or emotional symptoms and gradually return to activities.

Further intervention from the ERCS Occupational Therapist **may** include:

- Follow-up phone consult with clients who have questions/concerns about symptoms and/or recovery;
- Identification of risk factors that may contribute to symptom prolongation and/or delay return to work/school;
- Individual OT consultative meeting with the client who is experiencing significant post concussion symptoms that affect their daily life and/or the client at risk for symptom prolongation and/or delayed return to work/school;
- Contacting/collaborating with the client's Family Physician and other involved service providers with recommendations for rehabilitation, including referrals to community resources;
- Facilitation of a consultation with a Psychiatrist at GF Strong Rehab Centre regarding medical management of persisting or escalating post-concussive symptoms when appropriate.

### Clinician Referrals:

- A referral from a health care provider is required.
- Health care providers can fax a referral to GF Strong Rehab Centre
- Referral form found online here: [http://www.vch.ca/403/7676/?program\\_id=512](http://www.vch.ca/403/7676/?program_id=512)

### Early Response Concussion Service

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