



Resource List

Supporting Marylanders Living with Intellectual and Developmental Disabilities, and Acquired Brain Injury

Maryland-Specific Brain Injury & Disability Resources

Resource Name	Link
Maryland Behavioral Health Administration - Traumatic Brain Injury	Webpage
Maryland Developmental Disabilities Administration Services	Webpage
Maryland Brain Injury Resources	PDF Document
Maryland Chapter of the National Alliance on Mental Illness	Website
Brain Injury Association of Maryland	Website
Brain Injury Association of Maryland BIAMD document	PDF Document
Maryland 988 Suicide and Crisis Lifeline	Website
Maryland Coalition of Families	Website
Maryland DHS Parent Support	Website

Crisis Response & Safety Planning Tools

Resource Name	Link
988 Suicide & Crisis Hotline	Website
Stanley Brown Safety Plan	PDF Document
SAMHSA Digital Safety Plan (Stanley Brown Adaptation)	PDF Document
Risk Assessment for Adults with Intellectual and Developmental Disabilities in Crisis	PDF Tool
Tips to Manage Triggers	PDF Document
What To Do When I Don't Feel Okay: Big Ideas	PDF Document
What To Do When I Don't Feel Okay: A Crisis Plan	PDF Guide

Tools & Strategies for Daily Living and Support

Resource Name	Link
Life Changing Apps for People with Brain Injury	Article
Communicating with Someone Who is Non-Verbal	Blog
Behavior Modeling: Theory & Examples	Video
Cognitive Strategies for Community Mental Health	PDF Guidebook



Tools & Strategies for Daily Living and Support

Resource Name	Link
Accommodating the Symptoms of TBI, Ohio Valley Center for Brain Injury Prevention and Rehabilitation	PDF Booklet
Understanding Brain Injury, a Guide for the Family	PDF Guide

National Resources & Other Advocacy Organizations

Resource Name	Link
National Association of State Head Injury Administrators	Website
The Centers for Disease Control and Prevention, National Center for Injury Prevention and Control	Website
The Center on Brain Injury Research and Training (CBIRT)	Website
The TBI Model Systems Knowledge Translation Center, publication	English PDF Spanish PDF
ATTC Tip Card, SAMHSA Publication	PDF Document