



CNS Injury and Behavioral Health

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PI for HEAL-OR (funded via HRSA TTELP grant)

Boards: Big Lake Youth Camp, CareOregon, Inc.,

Columbia Pacific CCO, NAMI Oregon

Disclosures

- Dr. Betlinski has no relevant financial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling or distributing healthcare products used by or on patients.
- Off-label uses of medications will be mentioned
- Unless otherwise noted, all pictures are from Unsplash, and used in accordance with their policies.

Federal Disclaimer

- Any opinions, findings, conclusions, or recommendations expressed in this presentation are those of the presenter(s) and do not necessarily reflect the view of Health Resources and Services Administration (HRSA)

Learning Objectives

Participants will be able to do the following:

- Describe the two types of brain injuries
- Describe the two types of spinal cord injuries
- Talk about the behavioral health challenges common to those with brain and spinal cord injuries



Let's Get Started

Two Types of Brain Injuries

- Traumatic Brain Injury (TBI)
 - Caused by a force from outside the body
 - May be closed or open/penetrating
- Acquired Brain Injury (ABI)
 - Cause comes from inside the body
- Both types can be mild, moderate, or severe
- Both can lead to lasting changes in memory, movement, emotions, and independence

Two Types of Spinal Cord Injuries

- Incomplete SCI
 - Some messages still go through
 - Some feeling, function, and/or body control remain
- Complete SCI
 - No messages go through
 - Loss of feeling, function, and body control

How Common Are These Injuries?

- About 2 million new TBIs each year
- About 5.3 million Americans live with a TBI-induced disability
- About 18,000 new SCIs every year
- About 300,000 Americans live with an SCI

TBI and Behavioral Health

- Major Depression
- Anxiety
- Insomnia
- PTSD
- Psychosis
- Paranoia
- Pseudobulbar affect
- Aggression

Substance Use and CNS Injury

- Most SUDs are present *before* the injury
- Substance Use tends to decrease for awhile
- SUDs tend to return 2-5 years after injury
- Roughly half of those in SUD treatment programs have a history of TBI

Treating Behavioral Health

- Therapy
 - Cognitive Rehabilitation Therapy
 - Behavioral and Emotional Support
 - Family Education and Support
 - Environmental Adaptation
 - CBT-I for Insomnia
 - TBI-specific SUD Treatment
- Medications



Helpful Resources

Welcome to the Oregon Psychiatric Access Line (OPAL)

OPAL-K about Kids

OPAL-A about Adults

Phone

Toll-Free: [1-855-966-7255](tel:1-855-966-7255) 📞

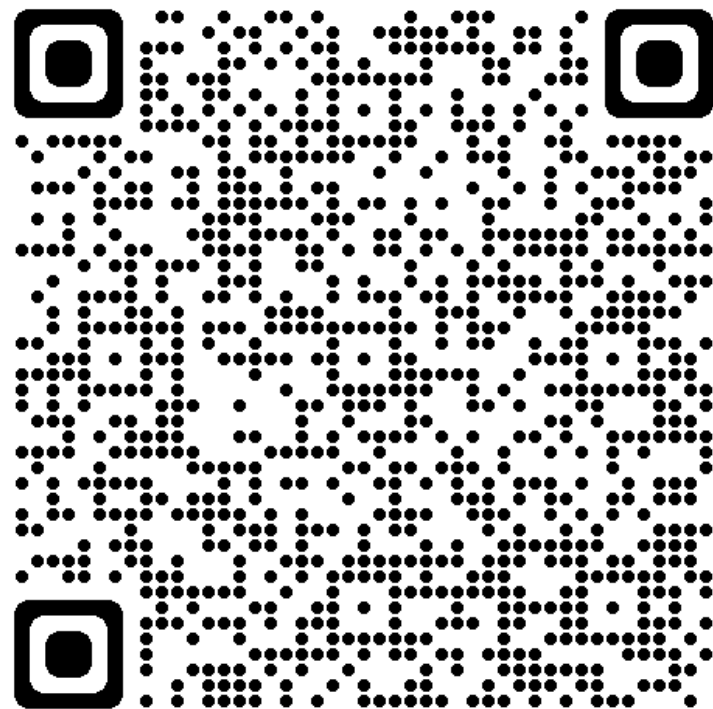
Portland Metro: [503-346-1000](tel:503-346-1000) 📞

OPAL call center hours

9 a.m. – 5 p.m.

Monday through Friday, excluding major holidays

OPAL is not a walk-in clinic or in-person referral site



eConsults now available through [EpicCare Link](#)

WELCOME TO THE OREGON ECHO NETWORK

Connect and Learn

ECHO is an interactive educational and community-building experience that allows healthcare professionals throughout the state of Oregon to create a case-based learning environment through the convenience of video connection.



Fall 2026

- Adult Mental Health I
- Behavioral Health
- Behavioral Health for Adults with IDD
- Child Psychiatry
- Dementia in Primary Care
- Dermatology for Non-Dermatologists
- Digital Health Navigation
- Gender Affirming Care
- Suicide Prevention

- Foundations of SUD Care
- SUDs in Adolescents
- SUDs in Jails
- SUDs in Hospital Care
- SUDs in Pregnancy & Postpartum Care

- Addiction Medicine Community of Practice

VA



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CBT-I

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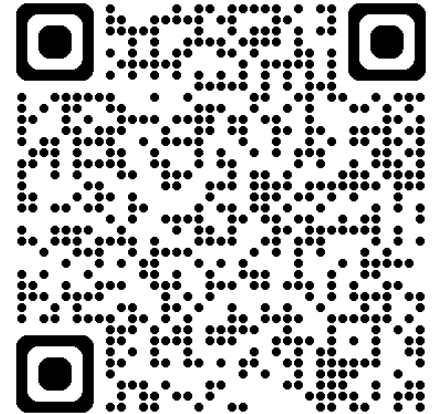
Insomnia Coach



Average: 4.2 (24 votes)

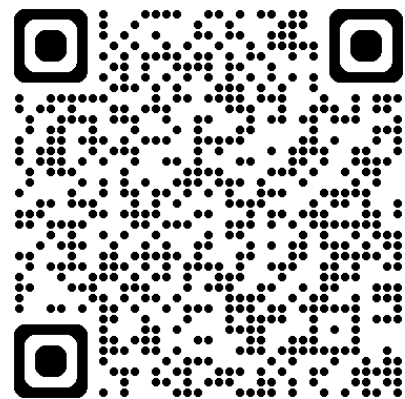
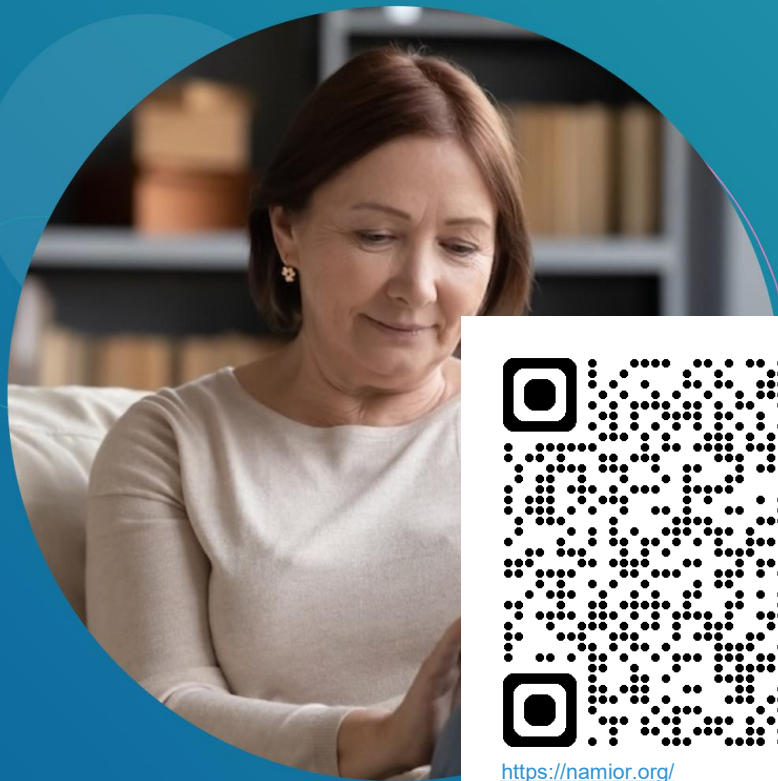
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 **Android Download**



New NAMI Family Caregiver HelpLine

Whether your loved one is newly diagnosed or navigating long-term treatment, the HelpLine is here for every step of your caregiving journey. Caring for a loved one with a mental illness can be hard. Getting support shouldn't be.

[Learn More](#)

<https://namior.org/>

Summary

- Brain Injuries remain common
- Mental Health and Substance Use challenges after brain injury are also common
- Treatment can help
- Hope is a good thing!



“When
the sun
shines
through
the rain
the
drops
turn
clear
gold.”

Amy Leach
Things That Are

Thank you!

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Questions
Comments

