Concussion Coach was a collaborative effort between the Department of Veterans Affairs Rehabilitation & Prosthetic Services, the Department of Veterans Affairs National Center for PTSD (NCPTSD), and the Department of Defense National Center for Telehealth and Technology (T2).
Concussion Coach Features

Learn provides psychoeducation around six topic areas:
• concussions, related symptoms, and treatment
• ways to improve concentration, thinking, and memory
• types of headaches, how to assess, and available treatments
• sleep and tools to help manage sleep problems
• symptoms of anxiety and PTSD and the relationships to concussions
• irritability and tips to help manage it

Users can select a coping tool or begin by identifying a symptom and indicating subjective units of distress (SUDS) on a 10 point scale.

For levels of 9 or 10, crisis management tools will be offered; for less than 9, a randomly selected tool will be offered.

A SUDS scale is offered after using the tools, and users are given feedback based on the relative level of distress.

Users can give a thumbs up or down to each tool, making it more or less likely to come up again.

The Neurobehavioral Symptom Inventory (NSI), a validated measure for diagnosis and tracking, is the most commonly used concussion assessment in the DoD and VA.

After each self-assessment, users are provided interpretive feedback including symptom severity and information about score relative to last administration.

Users can view previous assessments on a graph and can schedule reminders for future administrations.

Connects user with public and private resources to contact when support is needed, information to help user find professional care, and links for more extensive education.

Includes:
• Goal Setting: a hierarchical to-do list of goals and sub-goals
• Wellness Journal: allows user to track occurrences of symptoms and record what has been effective in managing them
• Make a Plan to Reduce Isolation: facilitates planning social activities by offering a list of activities and the options to add individuals from personal contacts list and to set up a reminder
• Use Technology: provides information about smartphone features that may make it easier to keep up with daily activities and help with recovery