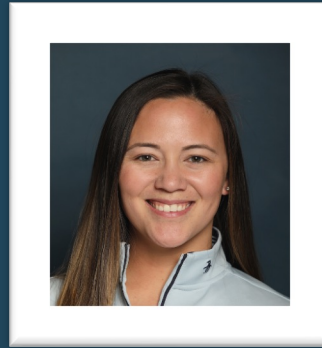


January 2024

TRAUMA SURVIVORS NETWORK

PLANNING FOR 2024

MEET THE NATIONAL TEAM



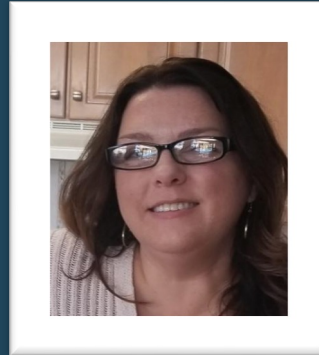
Katherine Joseph, National TSN Coordinator

Offers individual support to TSN Coordinators

- Initial TSN Onboarding
- Answers questions to support implementation
- Helps with any TSN website technical support
- Supports TSN Social Media
- Refers survivors seeking support to local TSN sites

Leads Ongoing TSN Education and Training Webinars

- Networking Calls great to get to know other coordinators and share resources



Lara Peck, TSN Program Advisor

Coordinates efforts in recruitment and retention of TSN sites



Elizabeth Wysocki, TSN Program Advisor

Supports national education initiatives



2023 AT-A- GLANCE

- 203 TSN Sites with **32** new centers joining in 2023
 - 43 States + Australia
- 186 Adult Trauma Centers
 - 115 Level I Adult
 - 63 Level II Adult
 - 7 Level III Adult
 - 1 Level IV Adult
- 14 Pediatric Trauma Centers
 - 10 Level I Peds
 - 4 Level II Peds
- 1 Rehab Hospital

2023 ACCOMPLISHMENTS

Growth,
Growth and
More Growth!



200 Sites Celebration!



Conference Presence at STN, ATSPA,
TQIP, PTS, ACLP, ABA



Virtual Support Groups & Next Steps
Online



15 Successful Grant Recipients from 2022

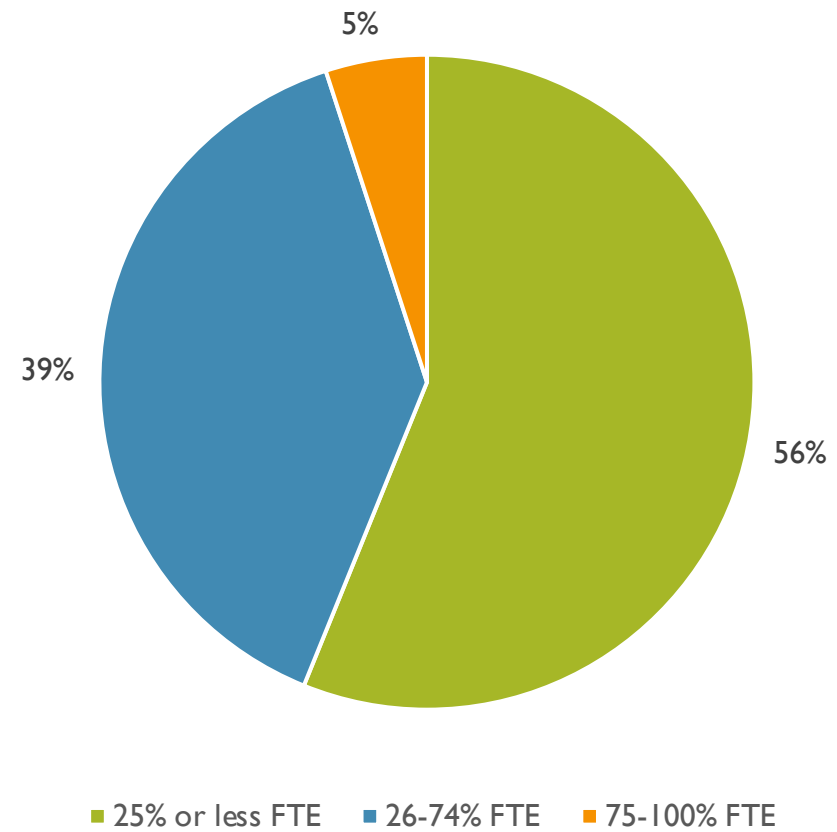


15 Awarded Grants for 2023

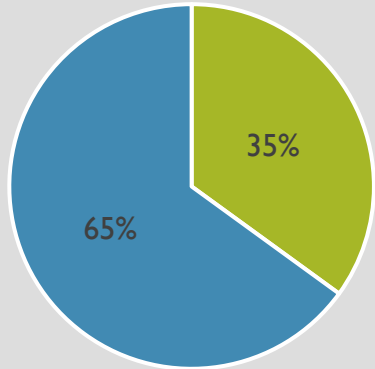


**TSN
IMPLEMENTATION
AT THE LOCAL
LEVEL**

FTE % Dedication to TSN

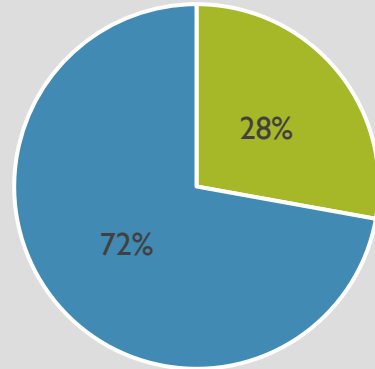


Local Support Group Offering



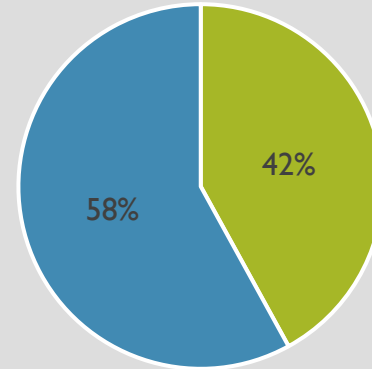
■ Yes ■ No

Local Peer Visitation Offering



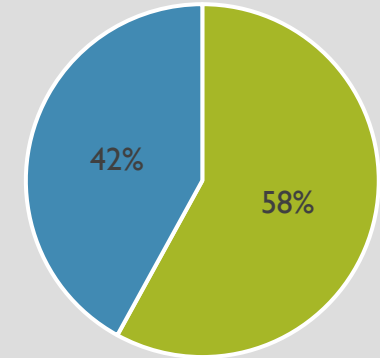
■ Yes ■ No

Local Family Class Offering



■ Yes ■ No

NTSD Involvement



■ Yes ■ No

TSN IMPLEMENTATION AT THE LOCAL LEVEL

Access or complete TSN directory





WHAT TO EXPECT IN 2024

For TSN Coordinators

- Regional Networking Calls
- Program work groups
- Webinars on TSN programs

National TSN Celebrations

- National Trauma Survivors Day (NTSD)
- Race to Rebuild

For TSN survivors

- Virtual Support Groups (Monthly)
- Next Steps Online

New Website:

- Anticipated launch May 2024

TSN COORDINATOR SUPPORT

REGIONAL NETWORKING CALLS

Quarterly Networking Calls

Regions:

- Northeast
- Southeast
- West
- Midwest/South

Connect with TSN Centers near you, share ideas, and share resources!



WEBINARS

WHAT TO EXPECT

- Monthly Webinars on different TSN programs
- Presenters will include TSN Coordinators, volunteers and other trauma staff members

UPCOMING WEBINARS

- February: Utilizing Available Resources
- March: National Trauma Survivors Day & Race to Rebuild
- April- Peer Visitation
- May- No webinars for Trauma Awareness Month

WORKGROUPS

Proposed Ideas for workgroups:

Separated by:

1. FTE %
2. Current program status (limited, growing, booming)
3. Interest in specific program (peers, support group, etc.)

Thoughts? Suggestions?

NATIONAL TSN CELEBRATIONS

NATIONAL TRAUMA SURVIVORS DAY

MAY 15, 2024

TSN celebrates the Resiliency of Trauma Survivors and Raises Awareness for Trauma Survivors, Families and Trauma Professionals

 **TSN Webinar Presentation PDF: "National Trauma Survivors Day"**
TSN Webinar Presentation Video: "National Trauma Survivors Day"

Presentation given on March 9, 2023

TSN Workshop Video: Follow-up to National Trauma Survivors Day

Follow-Up Workshop on March 23, 2023

TSN Building Blocks Call Video: "National Trauma Survivors Day 2023 Debrief"

Call took place on June 8, 2023



PHOTO CREDIT: ROD PRADO

EVENTS

Memorial Hermann The Woodlands hosts First Annual Trauma Survivors Day Celebration

By Jennifer Bruse, Hello Woodlands | May 17, 2023

NEWS

Health First hosts National Trauma Survivors Day reunion at Holmes Regional Medical Center

 **Malcolm Denmark**
Florida Today

Published 8:56 p.m. ET May 17, 2023 | Updated 8:13 a.m. ET May 18, 2023



Health First's Holmes Regional Medical Center held a reunion event for numerous trauma survivors and their loved ones, and the teams that saved their lives on Wednesday evening.

COMMUNITY MEDICINE UNIVERSITY WELLNESS

Hospital Holds First-Ever 'Journey to Healing' Event for Trauma Survivors

May 24, 2023 2 min read



230520 trauma survivors 038

Stony Brook University Hospital holds first-ever Journey to Healing event in honor of local trauma survivors and their families at Holtsville Ecology Site and Animal Preserve. Credit: Stony Brook Medicine

VUMC celebrates trauma survivors and their care providers

Jun. 15, 2023, 8:08 AM

by Jill Clendening

Members of Vanderbilt University Medical Center's Acute Care Surgery team, Trauma Intensive Care Unit, and former patients who recovered or individuals who are currently recovering from traumatic injuries recently gathered on the Medical Center's Plaza for an annual celebration of National Trauma Survivors Day.

The day is part of a larger National Trauma Awareness Month, sponsored annually by the American Trauma Society in collaboration with the Society of Trauma Nurses. The event allows physicians, nursing staff and others on the care team to reconnect with survivors of traumatic injuries and celebrate their recovery.

"We have made it an annual tradition to have a festive event out on the Plaza between the hospital and Light Hall," said event organizer Cathy Wilson, MSN, RN, outreach educator and coordinator for the Division of Acute Care Surgery. "This is not only for patients and former patients, but we also recognize and thank our trauma staff for their amazing dedication to our patients and to each other."

Members of the Vanderbilt Trauma Survivors Network, a support group that offers resources for trauma survivors, their families and friends following a traumatic event, were invited. Also invited were trauma peer visitors, former trauma survivors who return to VUMC



Darinel Castillo, a patient in Vanderbilt University Medical Center's Trauma Intensive Care Unit, participated in the recent National Trauma Survivors Day, surrounded by members of his care team.

RACE TO REBUILD



TSN SURVIVOR SUPPORT

VIRTUAL SUPPORT GROUPS

- Open to all trauma survivors and family members
- Occurs twice a month
- Information is always listed in the TSN Newsletter – please share!

Virtual Support Group *for Trauma Survivors*

Wednesday, January 10, 3:30-5pm EST

and

Wednesday, January 24, 5:30-7pm EST

This Month's Topic:

**“Healing Horizons: Navigating Beyond
Negative Thoughts”**

**Virtual Support groups are free, 90 minute online
groups to support survivors of physical injury.**

Groups are led by TSN
Trauma Professionals.

Register at the link below:

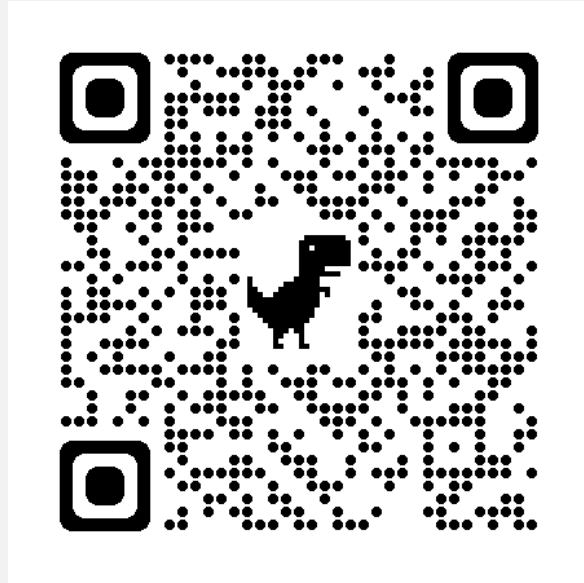
<https://www.surveymonkey.com/r/B6SC8FX>

Questions? E-mail Katherine Joseph at kjoseph@amtrauma.org



Register here!





NEXTSTEPS ONLINE



*“This class taught me in six weeks what it took me six years to learn”
-NextSteps Participant*

Sign up today at:
www.nextstepsonline.org
CLASS OPENS: January 3, 2024

NextSteps is a FREE online program to help you manage your life after a serious injury. You can engage in the weekly education modules and live chats with other trauma survivors. NextSteps can help you explore the ways your life has changed after traumatic injury and how you can move forward on your journey. This program can help you manage difficult emotions and find the courage to achieve your goals. Join us!

Date	Topic	Live Chat
January 3 - 9	Lessons 1 & 2: Taking Stock Explore where you are on the Road to Recovery, learn more about self-management, and begin to practice self-management tools.	January 9, 2024 7:00 pm ET
January 10 - 16	Lessons 3 & 4: Moving Forward Identify problems related to your injury, set goals, and begin to use problem-solving to find solutions.	January 16 at 7:00 pm ET
January 17 - 23	Lessons 5 & 6: Managing Emotions I Learn about emotional adjustment, including myths and common reactions following a traumatic injury and begin to use tools to improve your mood.	January 23 at 7:00 pm ET
January 24 - 30	Lessons 7 & 8: Managing Emotions II Learn to identify, reduce, and break the cycle of anxiety by confronting negative thinking and using relaxation.	January 30 at 7:00 pm ET
January 31 - February 6	Lessons 9 & 10: Friends and Family Begin to get the help you need from family and friends by learning the signs of a healthy relationship, getting the most of your support system and recognizing helpful and unhelpful “help”.	February 6 at 7:00 pm ET
February 7 - 13	Lesson 11 & 12: Looking Ahead Learn how to overcome setbacks that may arise in your recovery. Take time to reflect on the future and celebrate the progress you’ve made.	February 13 at 7:00 pm ET



CALL TO ACTION

1. Confirm trauma center profile on TSN website is up to date
2. Confirm coordinator contact information is up to date with the ATS
3. Refer patients and families to the national support available
4. Start thinking about local NTSD and RTR involvement
5. Reach out for questions, to set up brainstorm session about local TSN implementation efforts



QUESTIONS?