

# Memorial Hermann The Woodlands & Trauma Survivor Network

**Melanie Bradshaw, BA, MSN, RN**

Injury Prevention & Trauma Outreach Coordinator



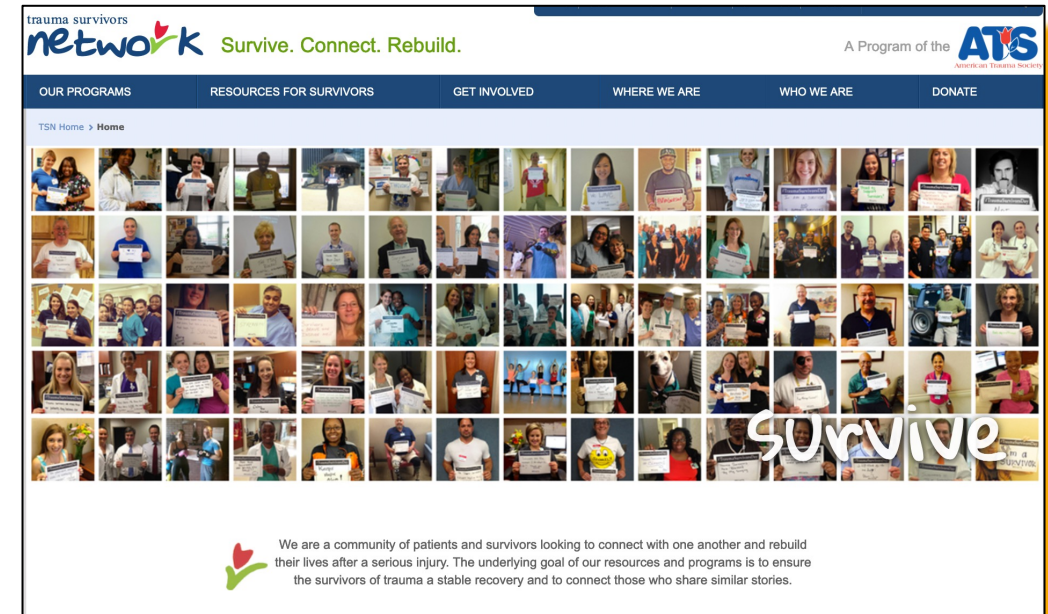
MEMORIAL<sup>®</sup>  
HERMANN

# WHAT IS THE TRAUMA SURVIVORS NETWORK (TSN)?

# What is the Trauma Survivors Network (TSN)?

Was developed by the American Trauma Society in 2008. The program works to:

- Help trauma survivors/families to connect with and share support & information about recovery
- Enhance survivor skills and self-efficacy to manage day-to-day challenges
- Establish a network of peer support programs and other resources for survivors and their families – currently 7,000 members
- Build a community of advocates dedicated to improving prevention efforts, trauma outcomes and trauma systems
- **All services are FREE to patients and family members**




# WHAT DOES THE TSN OFFER?

# TSN Services


## A Custom Site for the Your Trauma Center

- You can customize with your trauma center's info
- You can add a list of the programs your trauma center offers through the TSN
- You can add a list of local and national resources for your patients

**University of Tennessee Medical Center**



**Wisdom for Your Life.**




As the only designated Level I Trauma Center in our area of East Tennessee, we strive to save the lives of critically injured patients and return them to full, productive activity. Each year, The University of Tennessee Medical Center's Emergency and Trauma Center offers highly specialized care for more than 89,000 patients. Through a collaborative team approach, we work closely with first responders and surrounding medical care facilities during those crucial moments after a traumatic injury.

According to the Centers for Disease Control, receiving care for a severe injury at a Level I Trauma Center can lower the risk of death by 25 percent, yet almost 45 million Americans do not have access to a trauma center within one hour of becoming injured. For that reason, it is vital that people in our region have quick access to the highest degree of emergency medical care that is found at The University of Tennessee Medical Center.

Of roughly 7, 514 trauma patients seen in 2020, more than 65 percent arrived at the medical center directly from the site of their injury. The remaining 35 percent were transferred from smaller facilities in the region in order to receive specialized care. The treatment of critically injured patients presents unique complexities and challenges. They must be cared for by trauma-certified physicians and specially trained clinical personnel.

**TSN Coordinator**



**Address**  
1924 Alcoa Highway  
Knoxville, Tennessee, 37920

**Telephone**  
work: 865-305-9970

**Email**  
TSNCoordinator@utmck.edu

**Website(s)**  
[UT Medical Center's TSN Website](#)

**Donations**  
If you would like to donate to the TSN program you can call 865-305-6611 or go to our donate now page. Make sure to type in Trauma Survivors Network under "other". Thank you!

[Learn more →](#)

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**Patricia Neal Spinal Cord Injury Support Group**  
*Third Thursday of each month • 6:00 pm*

The Knoxville Area Spinal Cord Injury (SCI) group meets the third Thursday of each month at Patricia Neal Rehabilitation Center at Fort Sanders Regional Medical Center. Call 865-331-1356 for additional information.

[Learn more →](#)

**Stroke Support Group**  
*Third Thursday of the month • 4:00-5:30pm*

The Brain and Spine Institute strives to provide care and support for stroke survivors, adult family members and caregivers. For more information on program topics and the meeting location please call 865-305-7530.

[Learn more →](#)

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**COMMUNITY RESOURCES**

[Amputee Coalition](#)

[American Chronic Pain Association](#)

[Americans with Disabilities Act](#)

**Let's CHAT (Come Have A Talk) Support Group**  
*The 1st Tuesday of the Month • 5:30pm -7:00 pm*

This is a general support group for trauma survivors. Support groups are usually held the 1st Tuesday of the month at 6:00 pm EST. Currently meetings are held virtually and in-person. Please call for information on virtual groups 865-305-9970.

[Learn more →](#)

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**Patricia Neal Brain Injury Support Groups**  
*First Monday of each month • 7:00 pm*

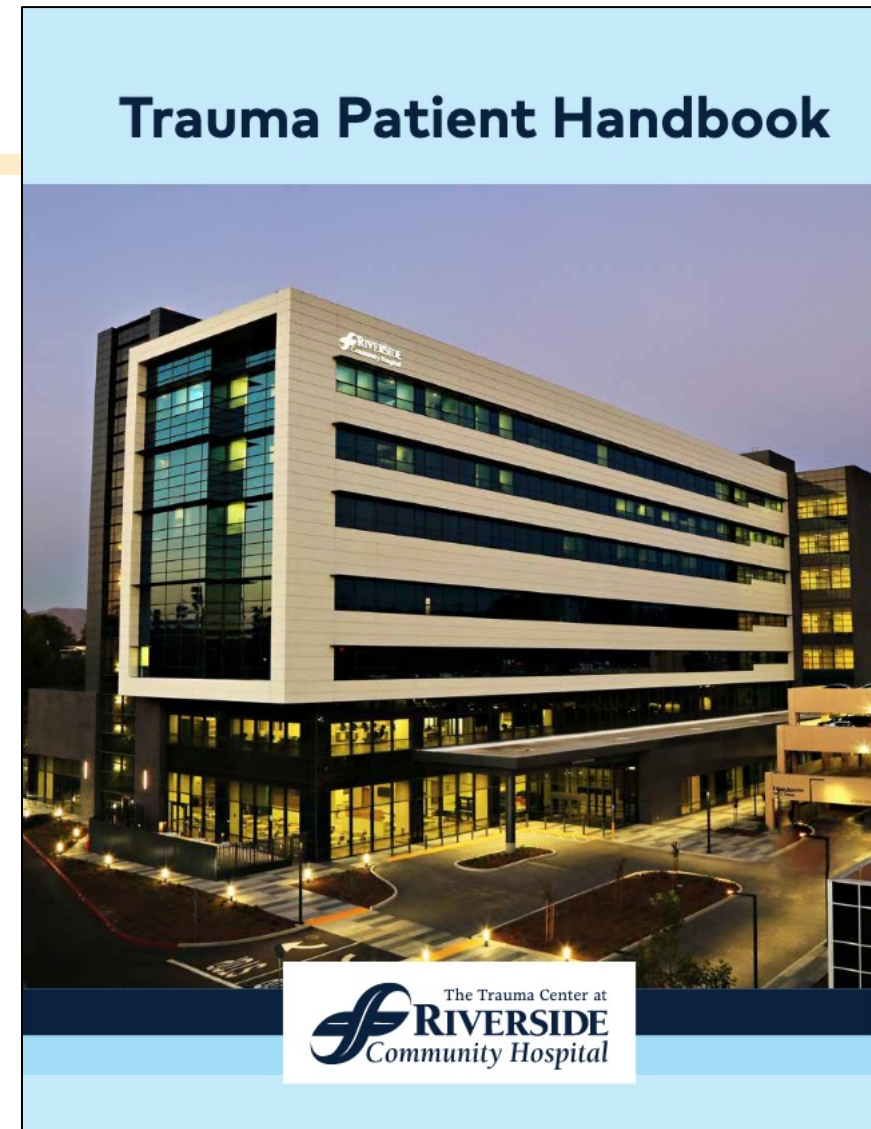
The Knoxville Area Brain Injury Support Group (KABISG) meets Monday of each month (aside from holidays) at Patricia Neal Rehabilitation Center at Fort Sanders Regional Medical Center. Call 865-331-1499 for more information.

[Learn more →](#)

# TSN Services Cont.

## A link for for trauma centers to post their “Handbook for Trauma Patients and their Families”

- TSN offers basic template that can be customized.
- Serves as an in-hospital guide for what to expect in the hours and days after an injury.
- Provides information on common injuries and their care, common equipment found in patient rooms, descriptions of trauma team member roles, etc.
- Introduces the family to the TSN website.



# TSN Services Cont.

## NextSteps™ - an Online, Interactive Self-Management Class

- Helps survivors explore the way in which their life has changed after injury
- Teaches them how to move forward by empowering them with knowledge and self-reflection

The screenshot displays the NextSteps website interface. At the top right, there are links for Mail, Profile, Network, Settings, and a LOGOUT button. The main header features the 'nextsteps' logo and the tagline 'Managing Life After Trauma.' Below this is a navigation menu with links for Home, Lessons, Chat, Class, Toolbox, Forum, Journal, and Help. The main content area is divided into several sections: 'Track Your Progress' (dated DEC 28) with a welcome message to Melanie Bradshaw and a reminder to complete Week 3; 'Lessons' (Week 3: Managing Emotions I) with a description and a 'Go to Lesson 5' link; 'Open Your Toolbox'; 'Chat with your Class' (0 people in the chat lounge); 'Read your Mail' (0 new messages); 'Visit the Forum'; and 'Write in your Journal'.

# TSN Services Cont.

## The TSN “Traumapedia”

An extensive resource that provides patients and families/caregivers information on:

- Specific injuries and their treatments
- Rehabilitation
- Other topics important for patients making the transition from hospital to home

The screenshot displays the Traumapedia website interface. At the top, there is a search bar labeled "SEARCH THE TRAUMAPEDIA" with a search icon. Below the search bar, the "BROWSE BY TOPIC" section is organized into a grid of nine categories, each with a header, a sub-header, and a list of topics. The categories and their respective article counts are: 11 Articles for Traumatic Injuries: Diagnosis, Treatment and Complications; 3 Articles for Trauma Systems and Trauma Centers; 7 Articles for Mental and Emotional Recovery Post-Injury; 8 Articles for Pain and its Management; 5 Articles for Returning to Work and Home; 3 Articles for Rehabilitation; 4 Articles for Health Insurance and Disability Benefits; 9 Articles for Privacy and Legal Issues; and 11 Articles for Preventing Injuries.



# TSN Services Cont.

## Link to CaringBridge®

A website in which patients/families/caregivers can create a free, personal, private web page to keep family and friends updated on patient progress and recovery, share photographs, etc.


The screenshot shows the CaringBridge website interface. At the top, there is a navigation bar with the CaringBridge logo, a 'Donate to CaringBridge' button, and links for 'About Us', 'How It Works', 'Start A Site', 'Advice & Inspiration', and a search icon. Below this is a secondary menu with 'Advice & Inspiration', 'Healing', 'Caregiving', 'Helping', 'Bookshelf', 'Videos', and 'Discover'. The main content area features a breadcrumb trail 'Caregiving > Caregiving Inspiration' and the title 'What Is CaringBridge?'. A large image shows a woman in a maroon patterned top sitting at a table with a laptop, looking at the screen. Below the image is the text 'CaringBridge Staff | 04.26.21' and social media sharing icons for Facebook, LinkedIn, Twitter, Email, and Print. A short paragraph follows: 'Confronting an illness or injury is one of the most demanding, isolating things you can do. Family and friends are an amazing source of support, but constantly sharing updates with each and every one of them is impractical. CaringBridge replaces countless texts and emails with a free, easy-to-use communications platform.' To the right, under the heading 'RELATED CONTENT', there are three article thumbnails: '18 Best Books for Families With a Sick Child', '10 Easy Ways to Entertain Your Child During a Hospital Stay', and a partially visible one at the bottom.


# TSN Services Cont.


## Survivor Stories


Stories of survival and recovery by other trauma survivors that offer hope and the feeling that they are not alone.


**\*FEATURED SURVIVOR\***


**TRACEY**  
 In May 2018, my husband and I were struck by a car involved in a multi car collision while crossing a street in Washington D.C. when visiting from California. My husband sustained nine broken ribs, a shattered breastplate and a lacerated liver and he was hospitalized for two weeks. My injuries included 10 broken ribs, several of which were crushed in multiple places puncturing my lung, stomach and diaphragm along with rupturing my spleen. After the initial surgery to repair the damage, I quickly became septic and went into acute heart and lung failure. At this point I required life support. My heart quickly stabilized and I was removed from that had consumed my lungs and chest cavity. Since my ribs to eventually breathe on my own... → [Read more](#)


**KIM**  
 I am a 54-year-old SEPSIS survivor. I started a new medication and had


**ANITHA**  
 I got hit by a car whose driver signalled me to cross the road, when I was

**MARA**  
 On 10/30/16, I was on a group trail ride in a state forest. I split off from the group and I were alone on the trail and he was behaving perfectly... → [Read more](#)

**NICK**  
 Hello my name is Nick. I was assaulted on November 16, 2013. I was physically

**MARK**  
 In 2005, I had a car accident that changed my life...for the better. I was

**KATY**  
 On July 4, 2007, I attended our town's public fireworks show with my children

**NIKKI**  
 In October of 2019, I survived a traumatic and fatal car accident. I almost

**Katy's Story**

On July 4, 2007, I attended our town's public fireworks show with my children, who were 3 and 7 years old. We sat with friends and watched the show. My oldest was standing with his friend and my youngest was laying down with his head in my lap so I could cover his ears.

There was a misfire during the finale and a three-inch shell flew over the heads of the people sitting in front of us. It hit my friend in the chest, burned my oldest on his backside, and landed and exploded on me and my youngest.

Stop. And think about what I just wrote. This was not a backyard firework. This was a commercial explosive. This was a firework that was intended to shoot high into the sky.

After the explosion, the first thing I remember is being on my hands and knees and the realization that I'm burning. People around me quickly came to my aid. I was lifted in a medevac to MedStar Washington Hospital Center. I remember someone from the Pastoral Care team offered to pray with me and I thought I must be dying.

To give you an idea of the force of the blast: the buttons on my button-fly shorts turned into projectiles and had to be surgically removed from my left thigh.

I had my first surgery that night. It was a very confusing time in the hospital. My physical injuries were numerous and severe. I had 2nd and 3rd degree burns from my scalp to my knees. My left arm took the brunt of the blast: I had a compound fracture and was missing a lot of skin and tissue. Both my eardrums ruptured and were more than 75% gone.

Doctors worked on different areas of my body and it all seemed disjointed. I was wheeled to and from surgery, x-rays, and hearing tests. I spent twelve days in the burn unit. I remember the day I went home. It seemed surreal when the nurse came in with a wheelchair. She wheeled me to the parking garage and it felt like she was wheeling me off a cliff.

It wasn't until I returned home that I realized that the hospital's job was to stabilize me. I was going to recover at home.

For six weeks I had a home nurse who arrived every morning to help me bathe and change my bandages. My parents, who lived two-hours away, took turns staying with us the entire summer. They would pass on the highway as they traded places. All of this in addition to multiple follow-up appointments and more surgeries was crucial to my physical wounds healing.


But in terms of recovering from the emotional trauma, I was struggling.

When I was in the car driving, I imagined driving into oncoming traffic. I saw no hope for my future and could not imagine things getting any better.

Desperate for help I was connected with a Licensed Clinical Social Worker who diagnosed me with Post Traumatic Stress Disorder. I was also referred to a neuropsychiatrist who diagnosed me with a blast Traumatic Brain Injury. Getting these diagnoses was critical in getting the help and support that I needed.

I started volunteering with Trauma Survivors Network in December 2009. I'm so glad that I had the courage to call Brenda Lynn, the TSN coordinator at Inova Fairfax.

After going through the hospital's volunteer training I was paired up with an experienced Peer Visitor to shadow on a patient visit. I remember feeling very nervous walking into the patient's room. The volunteer introduced us and explained the Peer Visitor program to the patient. She explained to the patient that we were former trauma patients ourselves and we were there to offer support. The patient, who was initially guarded, visibly relaxed, and engaged in conversation with us.



# TSN Services Cont.

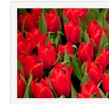
## Stories from Family & Friends

Family and friends' experiences on coping with the injury or loss of a loved one.

### Stories from Family & Friends

Many of our TSN families and friends have shared their experiences about coping with the loss of a loved one or helping their loved one move along the road to recovery. A selection of these stories is listed below. Reading other's stories can help you connect with others and not feel alone. You may also discover some ideas that may be helpful to you. You may wish to read several stories to get a number of perspectives.

After joining the TSN you can share your own story with others. Writing about your experiences can help both you and others. Take this opportunity to recognize the accomplishments of your loved one or celebrate the life of someone benefit by realizing they are not alone. If you are already a TSN member, [register now](#) and then you can share your story.



#### DEBBIE'S STORY

May 19, 2017 I was in Dallas training for what was my before I left, I kissed my sleeping 18-year-old daughter



#### MIKE'S STORY

On Sunday, November 2, 2008, our youngest son, Ma team... [→ Read more](#)



#### NORMA'S STORY

In August, 2012, after spending a Sunday afternoon to automobile... [→ Read more](#)

[→ Watch Norma's Video](#)



#### LINDSAY'S STORY

#### Norma's Story

##### TELL US A LITTLE ABOUT YOUR TRAUMA STORY

In August, 2012, after spending a Sunday afternoon together, our sons, Aaron and Steven were on their way home when they were involved in a fatal automobile accident. Aaron, 26-years old, didn't survive. Steven, 22-years old, survived, fighting for his life. Steven sustained a severe Traumatic Brain Injury. His recovery has been labeled as miraculous.

Since the accident, my husband and I spend much of our time supporting Steven as he continues on his road to recovery.

I am thankful for the opportunity to blog for Brainline.org, TBI Hope & Inspiration, and The Mighty.

Our family are advocates for those recovering from Traumatic Brain Injury and for those that have also experienced child loss.

##### WHAT WAS RECOVERY LIKE?

Steven spent a month at Carilion Roanoke Memorial Hospital. He was placed in a medically induced coma and had to undergo a craniotomy. Once Steven was stable enough, he was transferred to the Shepherd Center in Atlanta, Georgia. We were there for inpatient and outpatient therapy for 3 months. Upon returning home to Salem, Virginia, Steven faced several surgeries, continued outpatient rehabilitation for several years. Steven has worked hard to learn how to do the basics of life all over again! During Steven's recovery, he returned to college, he received his Associate of Applied Science Degree in May, 2018. Steven is currently employed by Lowe's and has been living independently since December 2018.

##### WHY DID YOU WANT TO GET INVOLVED WITH THE TSN PROGRAM? OR WHY DO YOU WANT TO SHARE YOUR STORY WITH OTHER SURVIVORS/LOVED ONES?

Being involved in the Peer Visitor TSN program at Carilion Roanoke Memorial Hospital will be one way we can give back to CRMH. I feel like if a peer visitor would have been available to our family during our stay at CRMH, it would have been comforting to hear words of encouragement from someone that has been there.



# Other Trauma Survivor Support/TSN Offerings Available

## In-House Peer Support Group

- Research has proven that survivors have a more robust and successful recovery with sufficient support, especially when some of that support is from fellow trauma survivors.

## In-House or Virtual Peer Visitors/Mentors

- TSN-trained trauma survivors that can connect with currently admitted patients for peer support

## In-House Family/Caregiver Support

- Snacks and Chat - Light pre-packaged snacks and drinks provided for family members/caregivers during quiet hours with opportunities to receive support from each other/social workers, etc.



# Ways TSN Supports Trauma Centers

## Education

- TSN Coordinator Course (costs \$)
- Free TSN Implementation Guide
- Free webinars
- Free training for peer mentors/visitors
- Free training for NextSteps leaders

## Customizable Templates

- Examples of TSN brochures/fliers
- Handbook for Trauma Patients and Families

## TSN Program Development Tools

- Sample TSN Budget
- Sample TSN Staff Ed Presentation
- Sample Peer Visitor Algorithm
- Sample Peer Visitor Referral Guidelines
- Sample TSN Discharge Notes
- Sample TSN Newsletters
- Planning materials for Natl. Trauma Survivors Day

# Ways TSN Supports Trauma Centers Cont.

## Ready to Print Materials

- Promotional Posters
- TSN Consumer Brochure
- TSN Resource Cards
- TSN Provider Brochure
- High-Res TSN logos
- Materials on 2<sup>nd</sup> and 3<sup>rd</sup> trauma
- Business cards for TSN Coordinators

# How Does it Work

## PATIENT ACTIONS

- Signing up with TSN (MHTW site) – (SW or TSN Coord. can help)
- Visiting TSN website to access resources (survivor stories, expert videos, etc.)
- Signing up for NextSteps™ online course (SW or TSN Coord. can help)
- Creating their CaringBridge account and web page
- Consenting to peer mentor contact

# How Does it Work? (Cont.)

## TSN Coordinator and/or Social Worker/Case Manager

- Providing additional information & helping pt. navigate TSN site (if needed)
- Assisting with signing up for TSN (if needed)
- Obtaining signed consent for peer support group (when available)
- Follow-up communications post-discharge re: TSN Services, hospital activities related to trauma survivors, etc.



# Additional TSN Coordinator Responsibilities

## Customize “Handbook for Trauma Patient and Family” Handbook

- Template provided by TSN

## TSN Coordinator Meetings/Membership/Management of Web Site

- TSN hosts 2 meetings monthly to collaborate with TSN sites across the nation and to offer support
- Must customize and maintain trauma center website on TSN
- Must be able to respond to members who sign up for TSN on our custom page

## Manage physical marketing materials

- TSN-C will ensure there are TSN brochures in waiting areas, physician offices, outpatient clinics, etc.

## Educating and Supporting Patients with Signing Up for TSN (As Needed)

- Based on request/referral from SW/CM

# Additional TSN Coordinator Responsibilities (Cont.)

## Manage Contact List & Disseminate Information

- Keep up with a contact list for survivors who either exhibit interest in TSN before discharge or who sign up after discharge.
- Keep TSN members (and potential members) aware of upcoming support opportunities

## National Trauma Survivors Day

- TSN-C will handle all communications and events related to this day. Future plans include a National Trauma Survivors Day celebration at MHTW where survivors and hospital personnel will be invited.

## Planning/Coordinating Future On-Site Services

- Planning Peer Visitation Program, Recruiting Peer Visitors, Planning Support Groups, etc.

# At MHTW So Far....

## Customized our Trauma Center Site on TSN

- Added our programs currently offered
- Added local and national resources applicable to our survivors

### Memorial Hermann The Woodlands Medical Center



Welcome to The Trauma Center at Memorial Hermann The Woodlands. For more than 35 years, our medical center has been recognized for delivering the highest quality of care to The Woodlands and surrounding area. It is still the first and only hospital in Montgomery County to be granted Magnet® status for nursing excellence by the American Nurses Credentialing Center, and has earned an 'A' grade from Leapfrog for patient safety consecutively since spring of 2015.

Memorial Hermann The Woodlands Medical Center is a 397-private bed, full-service, acute care facility that brings together the ultimate in healthcare technology, expertise and healing for families in south Montgomery County and surrounding communities in north Harris County.

Memorial Hermann The Woodlands Medical Center has been a designated Trauma Center since 2007, became a Level II Trauma Center in late 2017 and was reaccredited in July 2021. The Trauma Services team and affiliated physicians are dedicated to offering trauma patients the most advanced technology, surgical suites, and critical care services available. Trauma Services are composed of coordinated emergency and pre-hospital care; including LifeFlight® air services, comprehensive surgical services including trauma, neurologic, orthopedic, cardiothoracic, facial, and hand surgery.

The Trauma Services team at Memorial Hermann The Woodlands is always prepared to provide immediate care for the severely injured trauma patient – close to home.

**Did you know?**  
Traumatic injury is the leading cause of death for people under the age of 45. The three most common causes of traumatic injury presenting to Memorial Hermann The Woodlands are:

- 1. Unintentional
- 2. Motor Vehicle
- 3. Motorcycle C

**Community Resources**

<p><b>UTHealth Trauma and Resilience Center</b> <a href="https://med.uth.edu/psychiatry/research/centers/trauma-and-resilience-center">https://med.uth.edu/psychiatry/research/centers/trauma-and-resilience-center</a> A multidisciplinary treatment, research, and education center devoted to helping people who are experiencing psychological problems in the aftermath of traumatic life experiences. We offer home-telemedicine, evidence-based, trauma-focused care for patients struggling with complex trauma, post-traumatic stress disorder (PTSD) and trauma-related behavioral health conditions. 1941 East Road, Houston, TX 77054 Phone: (713) 486-2630 Fax: 713-486-2721</p>	<p><b>ADA - Americans with Disabilities Act</b> <a href="http://www.ada.gov">www.ada.gov</a> The ADA website provides information and technical assistance regarding the Americans with Disabilities Act. 1-800-514-0301 (voice) 1-800-514-0383 (TTY)</p>	<p><b>American Chronic Pain Association</b> <a href="http://www.theacpa.org">www.theacpa.org</a> Since 1980, the ACPA has offered peer support and education in pain management skills to people with pain, family and friends, and health care professionals. The information and tools on this site can help you to better understand your pain and work more effectively with your health care team toward a higher quality of life.</p>
<p><b>American Trauma Society</b> <a href="http://www.amtrauma.org">www.amtrauma.org</a> The American Trauma Society is dedicated to the elimination of needless death and disability from injury. For 50 years, the ATS has served as an advocate for the trauma care system, trauma prevention programs, and survivors of trauma and their families throughout the United States. Our mission is to Save Lives, Improve Care, &amp; Empower Survivors.</p>	<p><b>AMPOWER</b> <a href="http://www.empoweringamputees.org">www.empoweringamputees.org</a> The mission of AMPOWER is to empower and strengthen those affected by amputation or limb difference through peer mentorship, educational resources, and community events.</p>	<p><b>Amputee Coalition</b> <a href="http://www.amputee-coalition.org">www.amputee-coalition.org</a> The mission of the Amputee Coalition is to reach out to and empower people affected by limb loss to achieve their full potential through education, support and advocacy, and to promote limb loss prevention. Resources and information for children, adults, and families.</p>
<p><b>Catholic Charities</b> <a href="http://www.catholiccharities.org">www.catholiccharities.org</a> For nearly 80 years, Catholic Charities has provided food, clothing, shelter and a network of support services to people of all ages and from all walks of life and religious backgrounds. We also promote social justice, serving as a voice for the poor and vulnerable. (713) 526-4611</p>	<p><b>Anxiety and Depression Association of America</b> <a href="https://adaa.org/">https://adaa.org/</a> The Anxiety and Depression Association of America (ADAA) is dedicated to the prevention, treatment, and cure of anxiety, depression, obsessive-compulsive, and trauma-related disorders through education, practice, and research. It helps people understand the disorders and educates them about scientifically supported treatments so they can make informed decisions.</p>	<p><b>Brain Injury Association of America</b> <a href="https://www.biausa.org/">https://www.biausa.org/</a> The Brain Injury Association of America (BIAA) works to advance awareness, research, treatment, and education to improve the quality of life for adults and children affected by brain injury. BIAA is dedicated to increasing access to quality health care and raising awareness and understanding of brain injury. It has a network of state affiliates, local chapters, and support groups.</p>

**TSN Coordinator**  
Melanie Bradshaw  
MBradshaw  
✉ Email Coordinator

**Address**  
9250 Pinecroft  
The Woodlands  
**Telephone**

[Edit Trauma Center](#)

# At MHTW So Far.... (Cont).

## “Handbook for Trauma Patients and their Families”

- We have customized our “Handbook for Patient and Families”
- Currently being reviewed by our Trauma Medical Director
- Will then go to System Marketing Team for design/branding/legal review

SAMPLE ONLY

HANDBOOK | FOR TRAUMA PATIENTS & FAMILIES



MEMORIAL  
HERMANN  
The Woodlands  
Medical Center

# At MHTW So Far.... (Cont.)

## TSN Brochure for Patients

- Have written based on various examples from other TSN sites
- Currently in design phase with marketing

### The Trauma Survivors Network

The Trauma Survivors Network is a community of **patients and families** who are looking to connect with one another and rebuild their lives after traumatic injury.

Joining this community can help ease the anxiety and frustration often experienced following a traumatic event, hospitalization, and recovery process.

Some of the benefits of taking part in the Trauma Survivors Network include:

- Connecting with others in similar situations, sharing your experiences and learning from other survivors.
- Learning about injuries and recovery from trauma experts.
- Discovering how to meet the challenges of everyday life after injury.
- Giving hope and inspiration to others.



### Contact Us



**Memorial Hermann The Woodlands Trauma Services Department**  
9250 Pinedroft Drive  
The Woodlands, TX 77380  
[www.memorialhermann.org](http://www.memorialhermann.org)

For more information on Trauma Survivors Network, call 281-897-2831 or email [woodlandstrauma@memorialhermann.org](mailto:woodlandstrauma@memorialhermann.org)

To sign up and receive FREE support services by the Trauma Survivors Network and Memorial Hermann The Woodlands, simply use your mobile phone camera and the QR code to link to the TSN website, then click on "Join TSN."



**SURVIVE. CONNECT. REBUILD.**

### Trauma Survivors Network




experiences and information, as well as provide support and hope to one another.

- **Survivor Stories**, which features personal experiences about life after injury and the road to recovery.
- An online version of Memorial Hermann The Woodlands' "**Handbook for Trauma Patients and Their Families**," which provides information about care at the trauma center and what to expect in the hours and days after an injury.

To sign up and receive FREE support services by the Trauma Survivors Network and Memorial Hermann The Woodlands, use the QR code on the back of this brochure, or simply go to:  
[www.traumasurvivorsnetwork.org/signup](http://www.traumasurvivorsnetwork.org/signup)




NextSteps™ is an online, interactive program provided by The Trauma Survivors Network to help you manage your life after a serious injury. It will help you explore the ways your life has changed and how you can move forward.

NextSteps™ recognizes that YOU play the most important role in your recovery. It will help you take control of your situation and become more active in your recovery. It uses techniques that have been scientifically proven to increase self-confidence and feelings of empowerment.

NextSteps™ is not a substitute for medical care or individual counseling. It is designed to help you work with your healthcare team in your recovery.

The NextSteps™ program includes:

- Becoming part of a class with other trauma survivors.
- Completing six weeks of classes: two, 20-30-minute lessons each week.
- Participating in a weekly online chat led by a trained leader, and interact with other trauma survivors.

The NextSteps™ program will:

- Teach effective problem solving.
- Provide a way to learn and practice skills to improve your health.
- Help set goals and track your progress.
- Build confidence in managing health problems after traumatic injury.

# Future Trauma Support / TSN Offerings at MHTW

## Memorial Hermann The Woodlands Trauma Service Webpage

- Will offer info on the trauma program
- Injury Prevention Info
- Ability to sign up for classes (Stop The Bleed, Fall Prevention, Etc.)

## Printed “Handbook for Trauma Patients and Their Families”

- Will start with .pdf version on MHTW Trauma Services and MHTW TSN web pages

## National Trauma Survivors Day Celebration at MHTW

- Will invite former survivors/families/staff/physicians/media, etc.



# Future Trauma Support / TSN Offerings at MHTW (Cont.)

## In-House Peer Support Group

- Research has proven that survivors have a more robust and successful recovery with sufficient support, especially when some of that support is from fellow trauma survivors.

## In-House or Virtual Peer Visitors/Mentors

- TSN-trained trauma survivors that can connect with currently admitted patients for peer support

## In-House Family/Caregiver Support

- Snacks and Chat - Light pre-packaged snacks and drinks provided for family members/caregivers during quiet hours with opportunities to receive support from each other/social workers, etc.



**QUESTIONS  
COMMENTS  
CONCERNS?**