



## Programs for Trauma Survivors and Their Families

### Welcome to the Trauma Survivors Network (TSN)

#### We are here for you!

Most of us have little experience with traumatic injury. A sudden injury, the accompanying hospitalization and resulting recovery can be filled with uncertainty, anxiety, and frustration. The **American Trauma Society** has partnered with your trauma center to assist you through this difficult time. The main goal of the TSN is to help you **connect** with others and **rebuild** your life after a serious injury. We encourage you to explore our website to learn about the free programs, services, and resources the TSN has to offer you. Many people have benefited from the TSN. Please join the TSN if you think we can help you...or if you can help support and inspire others who have had a similar experience.

#### [www.traumasurvivorsnetwork.org](http://www.traumasurvivorsnetwork.org)

The TSN website provides a place for trauma patients and their loved ones to connect with others and get the information they need to help rebuild their lives. Once you join the TSN and sign up with your trauma center, you have access to the following:

- **An online community** where trauma survivors and their families share experiences and information, as well as provide support and hope to one another
- **Access to NextSteps™ online** a class designed to help survivors manage life after serious injury
- **The Traumapedia**, an online resource for information, where you can learn about trauma care and rehabilitation
- Information about other TSN programs and events which may be available through your trauma center

The NextSteps program is based on the principle of self management. This approach to health recognizes that **YOU** play the most important role in your recovery. This class is free and available from the comfort of your own home. It will teach you to take control of your situation and become more active 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 doctor and others in your recovery.

To learn more about TSN or to participate in its program, please contact the Intermountain Medical Center TSN Coordinator: Teresa Brunt RN MSN CEN, 801-507-6693 or [teresa.brunt@imail.org](mailto:teresa.brunt@imail.org)

#### The next Steps program included:

Becoming part of a class with other trauma survivors

Complete 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 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 trauma injury

For more information, please go to [www.nextstepsonline.org](http://www.nextstepsonline.org)

Si habla español y nos llame, nuestro coordinadora le encontrará a alguien quien interpretará para facilitar la comunicación.



**Scan the QR Code for registration & information**