



trauma survivors
network
 provided by **ATS**

Survive. Connect. Rebuild.





What's the Trauma Survivors Network?

Over the past five decades, the care of trauma patients has been revolutionized by improvements in surgery and the growth of comprehensive trauma systems. These advances have resulted in dramatic reductions in trauma-related mortality and morbidity.

Despite these improvements, long term outcomes for many trauma patients are still not optimal. Research has found that poor outcomes are not solely related to the physical injury. Rather, they are also tied to the emotional responses to the trauma and the lack of support available to patients and families.

The encouraging news is that research on the recovery process and the psychology of injury and disability strongly suggests that we can improve post-trauma outcomes by providing peer support programs to patients and their families, helping them connect with one another, and teaching them the skills to self-manage the day to day challenges of recovery.

The Trauma Survivors Network (TSN) was developed by the American Trauma Society (ATS) to help trauma centers like yours provide the support and services patients and their families need. The ATS is committed to:

- Bringing together trauma survivors and their families so they can **connect** with one another and **share support and information**
- Disseminating state-of-the-art, hospital-based **peer support programs** and other resources for trauma survivors and their families
- Building a community of **advocates** dedicated to improving trauma outcomes and trauma systems

When you join the TSN as a hospital member, you will have taken the first step to help your patients and their families **Survive, Connect, and Rebuild** their lives.

www.traumasurvivorsnetwork.org

What's the role of trauma centers and hospitals in the TSN?

As the front line providers of trauma care, trauma centers play an integral role in introducing patients and families to the TSN and linking them to the support and services they need to connect and rebuild their lives.

Here's how we can work together to improve the outcomes and satisfaction of trauma patients in your center:

Once you join the TSN, you will be able to customize the TSN Website for your hospital and patients. The Website (www.traumasurvivorsnetwork.org) provides a place for survivors and their families to connect with each other, share experiences, and learn from trauma experts. Families can use the Website to link with CarePages where they can create free, personal, private web pages to help communicate with friends and family about their loved one's progress.

You can also customize a Patient and Family Handbook to include information on your trauma center. The Handbook provides practical information about common injuries and what patients and families can expect in the hours and days after an injury. It also introduces patients and families to the TSN. Providing a copy of the Handbook to families soon after their arrival at the hospital ensures they have somewhere to go for practical information and support from the beginning.

You can supplement the services you already provide with TSN programs designed to enhance peer support and self-management. When experiencing a major event like an injury, few things are more helpful than being around other people facing similar challenges. With the help of trained and experienced survivors and their families, you can offer a peer visitation program, peer support groups and a NextSteps self-management class. The ATS offers the training and all the materials you will need to implement these programs.

The TSN helps connect survivors and their families with one another and provides the support and resources they need to move forward and rebuild their lives after the injury. They will seek to give back through volunteerism, philanthropy and advocacy.

"The Trauma Survivors Network, when fully implemented, will change the face of trauma care across the country. Its success is in our hands."

JOHN A. MORRIS, JR. MD, FACS , DIRECTOR OF TRAUMA,
VANDERBILT UNIVERSITY TRAUMA CENTER

www.traumasurvivorsnetwork.org



ATS is committed to making the implementation of the TSN programs in your hospital as easy as possible, and offers the following to facilitate the process:

- Implementation Guide Book – A comprehensive “how-to” for implementing all the TSN programs and resources at your hospital
- Numerous training opportunities to receive hands-on instruction
- Customizable promotion/advertising materials to help increase awareness of the TSN and its programs within your trauma center
- Numerous opportunities to personalize TSN programs and resources for your trauma center
- Ongoing support and help from the ATS and other TSN member hospitals

Why should your trauma center become part of the TSN?

By becoming part of the TSN, your trauma center will experience the following benefits:

Better CARE and outcomes for your patients and families

You will have access to the materials and training you need to establish and successfully maintain programs addressing the unmet psychosocial needs of trauma survivors and their families. Programs that empower patients to become active participants in their care make a difference!

Increased ADVOCACY for trauma systems and injury prevention

The extended contact with patients and families allows your trauma center to build a community of advocates who can help orchestrate change locally and nationally.

Increased opportunities for PHILANTHROPY

Patients and families who have benefited from the TSN will want to give back – in volunteer time or donations to your trauma center. They will have the opportunity to do this directly through the TSN Website.

Improved SATISFACTION of your patients and families

Your patients and families will have access to state-of-the-art information in language they can understand; the “family information starvation” that occurs in the hours and days post-injury will be addressed.

Join the TSN and become one of a growing number of CAPStone hospitals around the country that are setting the standard for trauma care in the future! By becoming an early adopter, your center will be on the leading edge of trauma care and stand out from competing facilities. You will be a model for trauma care in the future.



“One thing I’ve been really impressed with is all of the thinking that went into making the TSN programs as easy as possible for hospitals to implement. I think there is an acknowledgment of how busy everyone in the trauma center is, and a commitment to making things efficient and uncomplicated. I firmly believe that getting the TSN programs up and running is a great investment of time and resources. The support you are able to offer patients and their families makes a big difference in their well-being.”

— ANNA BRADFORD, MSW, TRAUMA SOCIAL WORKER

www.traumasurvivorsnetwork.org

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Tell me more about the programs and resources my trauma center will get to offer patients as a member of the TSN.

The first step to implementing the TSN is customizing both the TSN Website and the Patient and Family Handbook for your hospital. The Handbook will introduce your patients and their families to the TSN and the Website will give them somewhere to go to get information and connect with others.

Then you can begin to supplement the services you already provide with programs designed by the ATS to help support patients and families as they navigate their stay in the hospital and transition from the hospital to rehabilitation and home. These include hospital-based peer visitation, peer support groups, the NextSteps self-management program and the 2nd Trauma program. Each was developed using the latest research and has been evaluated for efficacy. The ATS provides all the training and materials you need to get these programs up and running in your hospital. Here is a description of these resources and programs:

PATIENT AND FAMILY HANDBOOK

The handbook provides practical information for patients and family members on what to expect in the hours and days after an injury. Topics addressed include information on traumatic injuries, the hospital experience, the roles of trauma care professionals, and medical terminology. It can be customized to allow for information specific to your trauma center. Most important, the Handbook can be used to introduce patients and families to the TSN and encourages them to visit the TSN Website to find out more. It is recommended that families are given the Handbook within hours of their arrival at the hospital.

Patients and families are better informed and have clearer expectations. Clinicians can spend more time providing medical care.

TSN WEBSITE

The TSN Website (www.traumasurvivorsnetwork.org) is a key resource, serving as both a source of information and support for patients and families as well as a tool that trauma centers and hospitals can use to manage the TSN programs they offer. TSN members can use the Website to access the Traumapedia, where they can learn about many topics related to trauma from leading experts. You can also use the Website to communicate with patients and families about research studies, advocacy initiatives, and fundraising efforts. The Website can be customized for YOUR trauma center.

Online support networks help survivors and their families connect with each other. Allows for easier communication between the trauma center and patients. Encourages donations and volunteerism.

SUPPORT GROUPS

When experiencing a major event such as an injury, few things are more helpful than being around other people facing similar challenges. Support groups offer trauma survivors the chance to gain the experience, confidence and support necessary to move forward in the recovery process.

Participation leads to greater self-confidence and reduced anxiety, leading to better outcomes. Engaging survivors builds an advocacy base.

NEXTSTEPS

The NextSteps program is based on the belief that patients play a central role in their recoveries and teaches the skills they need to become effective self-managers. It incorporates principles of cognitive-behavioral theory (CBT), which helps patients appreciate the relationship between their thoughts, feelings and behaviors and how they can replace self-defeating patterns of thought with more positive ones to achieve better outcomes. Classes are offered in a group setting and led by a trained NextSteps leader and a group facilitator, one of whom is a trauma survivor. The group typically meets once a week for six to eight weeks.

Patients are empowered and become active participants in their recoveries. Self-management builds self-efficacy and leads to improved outcomes. Graduates will want to give back and volunteer.

PEER VISITATION

Peer visitation offers patients the opportunity to talk with a trained peer visitor who has experienced the aftermath of a serious injury. These trained volunteers answer questions and address patient concerns from the perspective of someone who's "been there." Since they have lived through the experience, TSN peer visitors understand the concerns of patients on a personal level. They relate to the uncertainty patients have about their recoveries, and offer understanding and tips for getting through the day.

Patients relate to someone who has been through a similar experience and are more likely to seek peer support when they go home. Providing support early on leads to greater satisfaction.

2ND TRAUMA

"2nd Trauma" refers to the emotional trauma a family experiences when a loved one suffers a life-threatening injury or illness — the first trauma is to the patient; the second trauma is to the family. During these times, families are in need of receiving compassionate and sensitive emotional support from the healthcare professionals caring for their loved one. The 2nd Trauma program helps doctors and other caregivers communicate and deal effectively with family members.

Improved communication betters the relationship between patient and provider, leading to greater satisfaction.



“The TSN provides new tools critical to rebuilding the lives of trauma survivors. It provides the support and information they need while they are with you in the hospital and when they go home. Join the TSN today and help extend the continuum of good trauma care.”

— HARRY TETER, ESQ.,
EXECUTIVE DIRECTOR,
AMERICAN TRAUMA SOCIETY

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For more information on how your trauma center can become a member of the TSN, please visit
www.traumasurvivorsnetwork.org

or contact the National TSN Coordinator via email
admin@traumasurvivorsnetwork.org