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**SUPPORT GROUP
101: GETTING
STARTED
NETWORKING CALL**

PRESENTED BY



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AGENDA



SG Series Overview



Getting Started!
Research and Plan



Support Group Logistics



Breakout Rooms

POLL

GOALS FOR THIS WEBINAR

Provide an outline for planning a TSN Group.

Talk to fellow TSN Coordinators about your plan and get some feedback.

Leave with at least 2 steps you can take before our next session.





**TSN SUPPORT
GROUPS
AT-A-GLANCE**

- 200 TSN Centers listed in TSN Coordinator Directory
 - ~85 Support Groups
 - Adult Support Group
 - Pediatric
 - Friends/Family
 - First Responders

SUPPORT GROUP 101 SERIES

Session I

- Support Group Planning and Logistics

Session II

- Role of the Facilitator, Skill Building, Initial Session, Topics

Session III

- Trouble Shooting, Q&A with current SG facilitators

ESTABLISHING A SUPPORT GROUP IN YOUR HOSPITAL

Session I

Support Group Planning and Logistics

WHY START A TSN SUPPORT GROUP?



Traumatic injury impacts not only the physical function of a person but the psychosocial health of the patient and their family.



They may face isolation, financial upheaval and continued feelings of anger, depression or guilt.



TSN Support groups can offer an opportunity to connect with other survivors and receive and give support.



These groups can help normalize the experience of recovery!

BENEFITS OF JOINING A SUPPORT GROUP

Share Understanding: Gain support and hope from those with similar experiences.

Emotional Relief: Reduce anxiety, fear and loneliness through shared discussions.

Reciprocal Support: Help others while receiving valuable insights.

Coping Skills: Learn strategies to enhance your life.

Boosted Confidence: Regain self-confidence and a sense of control.

Friendship and Community: Develop supportive friendships within the group.



FIND A PARTNER

Trauma Survivor

Mental Health Professional

Hospital Clergy

There is value in co-facilitation!

In a hospital where the TSN Coordinator has a limited amount of time they can dedicate to the TSN, it can help to have two partners involved.

A team approach can allow for the organizers to share duties.

EDUCATE YOURSELF & BUILD YOUR SKILLS

Educate Yourself

- Current Support Group offerings (BIA, SCI, AC, etc.)
- When do they meet and how often?
- Reach out to the facilitator and ask to join.

Build Your Skills

- If running a group is new to you, don't panic.
- Find a mentor or experienced group leader that would support you for the first few months.
- Attend a few groups and talk with the leaders.

IDENTIFY YOUR SUPPORT GROUP FOCUS

- What population of trauma survivors will you be inviting?
 - Orthopaedic/polytrauma, TBI, Burn, SCI, Victims of violence
- Are friends and family included?
- TSN Support Groups strive to reduce isolation offer peer support, education and an opportunity to share resources.
- When the focus is clear, participants are able to feel they are in a group of peers.

Focus of Group	Unique Issues of Concern
Polytrauma & Orthopaedic	<ul style="list-style-type: none"> • PTS, anxiety, depression • Mobility, self care • Insurance and legal problems • Fitting back into their life
TBI	<ul style="list-style-type: none"> • Understanding Brain Injury • Helping other understand brain injury • Living with the effects of TBI; confusion, memory problems, depression, exhaustion, vision and mobility problems. • Finding good medical care from clinicians that understand TBI
SCI	<ul style="list-style-type: none"> • Gaining competence in activities of daily living • Finding good medical care from clinicians that understand SCI • Learning the system and finding resources (insurance, disability laws, etc)
Burn	<ul style="list-style-type: none"> • Scar and wound management • Medical issues: body temperature regulations, hot/cold sensitivity, • Body image, PTSD

START PLANNING



Sketch out a plan for continued research and education as well as marketing.



You may need some approvals! Get the right people on your team.



Arrange a planning meeting in the hospital with key players that can help you.

KEY PLAYERS

Management /Administration

- Trauma Director or Program Manager
- Trauma Nursing Unit Managers
- Trauma Registrar
- University Foundation

Medical Providers

- Trauma Surgeons
- Psychiatrist/Psychologists
- Nurse Practitioners
- Staff Nurse teams
- Social workers
- PT/OT or Speech Therapists

LOCATION AND FREQUENCY OF GROUP



Where will you meet?



How often, what time?



Do you have an option to provide food?



Keep your schedule in mind!!!

MARKETING THE GROUP

- Flyers
- Brochures
- Referral Cards
- Newsletter
- Hospital Website



Circle of Support

Círculo de apoyo

Trauma Survivor Community

A Parkland peer support community for those who have experienced trauma

Comunidad de sobrevivientes de trauma

Una comunidad de apoyo entre compañeros de Parkland para aquellos que han experimentado un trauma

For more information, please contact Ashley Simpson:

Para obtener más información, póngase en contacto con Ashley Simpson:

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Trauma Survivors Network



Red de sobrevivientes de trauma

Parkland Trauma Survivors Facebook



Facebook para sobrevivientes de trauma de Parkland



trauma survivors
network
provided by **ATS**
survive. connect. rebuild.

GETTING REFERRALS

Medical Providers

- Trauma Surgeons
- Psychiatrist/Psychologists
- Nurse Practitioners
- Staff Nurse teams
- Social workers
- PT/OT or Speech Therapists

RESOURCES

TSN Website



Coordinator Resources



Support Group

BREAKOUT ROOMS

WHAT CAN TWO STEPS CAN YOU
TAKE BEFORE THE SESSION II.



QUESTIONS?