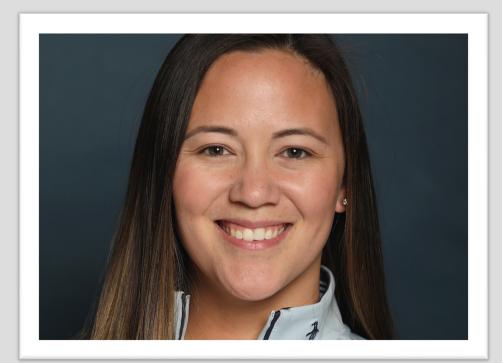
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SUPPORT GROUP 101: GETTING STARTED NETWORKING CALL

PRESENTED BY



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SG Series Overview

AGENDA



Getting Started! Research and Plan

Support Group Logistics



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Breakout Rooms



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	Session II	Session III
 Support Group Planning and Logistics 	 Role of the Facilitator, Skill Building, Initial Session, Topics 	 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 no only the physical function of a person but the psychosocial healh 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 selfconfidence and a sense of control. **Friendship and Community:** Develop supportive friendships within the group.



There is value in co-facilitation!

FIND A PARTNER

Trauma Survivor Mental Health Professional Hospital Clergy 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 the are in a group of peers.

Focus of Group	Unique Issues of Concern
Polytrauma & Orthopaedic	 PTS, anxiety, depression Mobility, self care Insurance and legal problems Fitting back into their life
ТВІ	 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	 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	 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



MARKETING THE GROUP

Flyers Brochures Referral Cards Newsletter Hospital Website



Trauma Survivor Community A Parkland peer support community for those who have experienced trauma

For more information, please contact Ashley Simpson:

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Circle of Support Círculo de apoyo

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

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

469-419-0641 traumasurvivors@phhs.org

Parkland Trauma Survivors Facebook

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Trauma Survivors Network

Red de sobrevivientes de trauma



Facebook para sobrevivientes de trauma de Parkland



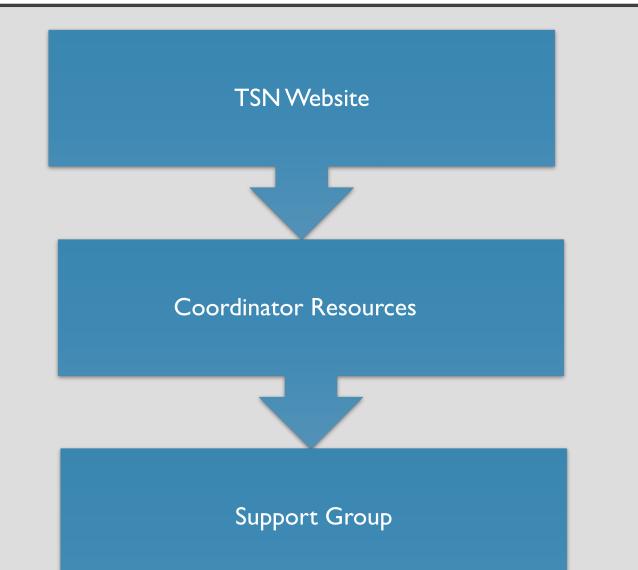


GETTING REFERRALS

Medical Providers

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

RESOURCES



BREAKOUT ROOMS

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



QUESTIONS?