



NextSteps Program



What is the NextSteps Program?

The NextSteps program is based on the principles of self-management. The self-management approach to health recognizes that YOU play the most important role in your recovery.

NextSteps teaches you how to take control and become more active in your own recovery. It uses proven techniques to increase self-confidence and a sense of empowerment.

Each NextSteps group is led by a trained group leader and a group facilitator, one of whom is a trauma survivor. The group typically meets once a week for six to eight weeks.

What are the benefits of participating in the NextSteps Program?

Some benefits of enrolling in NextSteps include:

- Gaining greater confidence in your abilities to take charge of your recovery
- Setting goals for yourself, following a plan for achieving these goals and improving your well being
- Being better prepared to handle the ups and downs in your recovery
- Learning from the experiences of other survivors
- Increasing the positive experiences in your life after injury

For more information on NextSteps, please contact your TSN Coordinator, or visit www.traumasurvivorsnetwork.org.

“The self-management class was absolutely outstanding! There were ten of us...strangers. But we all had a life altering experience and we could relate to each other. It was just connecting, sharing, and giving each other positive reinforcement.”

— EILEEN, TRAUMA SURVIVOR





Peer Visitation Program



What is Peer Visitation?

Peer visitation offers patients the opportunity to talk with a trained volunteer who has experienced the aftermath of a serious injury. These trained peer visitors answer your questions and address your concerns from the perspective of someone who's "been there." Since they have lived through the experience, including the hospitalization and rehabilitation, TSN peer visitors understand the concerns of trauma patients on a personal level. The TSN peer visitor can relate to the uncertainty you might have about your recovery, and offer understanding and tips for getting through the day. Most important, they are there to listen.

What are the benefits of talking with a peer visitor?

Some benefits of talking with a peer visitor include:

- Getting answers to your questions from the perspective of someone who has lived through a similar experience
- Learning practical tips about recovery and how to move forward
- Receiving encouragement and support
- Feeling less anxious and alone

For more information on peer visitation, please contact your TSN Coordinator, or visit www.traumasurvivorsnetwork.org.

"My peer visitor had suffered similar injuries and knew I would be looking for information and assurance. Seeing him walk around and hear him talk about his work, I could tell his life had returned back to 'normal.' This was incredibly helpful. For a month, the doctors and nurses had been telling me life would go on, but I didn't really believe it until I heard it from my peer visitor. I really started believing that I would be getting back to a productive life."

— SCOTT, TRAUMA SURVIVOR





Trauma Survivors Network (TSN) Website



What is the TSN Website?

The TSN Website, www.traumasurvivorsnetwork.org, 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. Support and information available through the Website can help reduce the anxiety and frustration often experienced after a serious injury.

When you visit the Website, you can become part of the TSN community. Joining is free! All you have to do is fill out a simple registration form available on the Website (www.traumasurvivorsnetwork.org).

What are the benefits of using the TSN Website?

Once you join the TSN, 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
- The Patient and Family Handbook, which provides information about care at a trauma center and what to expect in the hours and days after an injury
- The Traumapedia, an online resource for information, where you can learn from leading experts in trauma care and rehabilitation
- A link to CarePages, an easy to use resource to help you keep others informed about you or your loved one's injury, treatment and progress
- Information about other TSN programs which may be available through your trauma center

"It's important to have the support from other people that have been through this. We all have things in common, and that's what helps."

— STEVE, TRAUMA SURVIVOR





Peer Support Groups



What are peer support groups?

Peer support groups are built on the idea that sharing your thoughts, concerns, and hopes for the future with others facing similar challenges will help your own recovery. In fact, when you experience a major event in your life, such as being injured, few things can be more helpful than being around other people who are facing similar challenges. Support groups offer trauma survivors the chance to gain the confidence and support necessary to move forward with their recovery.

Every support group is facilitated by a trauma survivor. Some support groups also have a group leader who is a health professional involved in the care of trauma patients. Most groups meet at least monthly and often include guest speakers who can talk about topics of interest to the group.

What are the benefits of joining a peer support group?

Some benefits of joining a peer support group include:

- Gaining support and hope from others facing similar experiences
- Feeling less anxious and alone
- Helping others
- Learning new skills for coping and enhancing your life
- Becoming more self-confident
- Feeling more in control
- Helping your family and friends cope with your injury and recovery

For more information on peer support groups, please contact your TSN Coordinator, or visit www.traumasurvivorsnetwork.org.

“Other people were thinking the same things as me which made me feel really comfortable. So we came together and really helped one another by listening and sharing.”

— STEPHANIE, TRAUMA SURVIVOR

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