



NextSteps is an interactive program to help you manage your life after a serious injury. It will help you explore the ways your life has changed and how you can move forward.

NextSteps recognizes that YOU play the most important role 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 doctors and others in your recovery.

The NextSteps program includes:

- Becoming part of a class with other trauma survivors
- Completing 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 traumatic injury

For more information, please go to www.nextstepsonline.org.

TSN Website

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 and more:

- An *online community* where trauma survivors and their families share experiences and information, as well as provide support and hope to one another
- *Survivor Stories*, which features personal experiences about life after injury and the road to recovery
- 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
- *TSNotes*, the newsletter of American Trauma Society's Trauma Survivors Network
- *Information about other TSN programs and events* which may be available through your local trauma center

To learn more about TSN or to participate in its program, please contact the Inova Trauma Center TSN Coordinator:

Shira Rothberg, LCSW

703-776-4930 or Shira.Rothberg@inova.org

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

trauma survivors
network
provided by **ATS**

Survive. Connect. Rebuild.



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The Trauma Survivors Network (TSN)

is a community of patients and families, like you, who are looking to connect with one another and rebuild their lives after a traumatic injury. Joining this community can help ease the anxiety and frustration often experienced following a traumatic injury, hospitalization and recovery process.

Some of the benefits of taking part in TSN include:

- Connecting with others in similar situations, sharing your experiences and learning from other survivors
- Learning about injuries and recovery from trauma experts
- Discovering how to meet the challenges of everyday life after injury
- Giving hope and inspiration to others

Peer Visiting

Trained survivors offer hospitalized trauma patients (and their loved ones) encouragement and a personal perspective on the recovery process. These visits offer the kind of support that only a fellow trauma survivor can provide. Ongoing support and training help the Peer Visitor continue to be effective, both in their own recovery and the lives of other trauma survivors.

Community Presentations

Trauma survivors provide patient-focused presentations to healthcare professionals, which enhances understanding of the trauma experience and increases the ability to address the emotional needs of trauma patients. TSN members engage with their audiences, giving the attendees and trauma survivors an opportunity to learn from one another.

Education & Support

After traumatic injury, patients and families often need more than medical care. They may need to talk with others who understand what they are going through and who have connections to resources they have yet to explore. Some of the physical, emotional, social and financial issues following trauma cannot be anticipated; TSN helps prepare for these eventualities.

Group meetings are facilitated by the TSN coordinator, specializing in trauma. Other professionals are also invited to speak, lead discussions and provide education related to trauma and recovery. The meetings are open to patients, family members, friends and caregivers. Through these gatherings, participants share resources and provide mutual support.

Weekly and Monthly Groups/Events
Participation and Parking are Free.

Trauma Talk Support Group

Third Wednesday, 7 - 8:30 pm

Inova Fairfax Hospital

A group for trauma survivors to connect with each other and offer support in recovery. Open to survivors, caregivers and family members.

Traumatic Brain Injury (TBI) Education & Support Group

Third Tuesday, 12 - 1:30 pm

Inova Fairfax Hospital

A group that shares education, resources, and coping skills with those affected by traumatic brain injuries. Open to TBI survivors, caregivers and family members.

Caregiver Connection Support Group

Second Wednesday, 6 - 7:30 pm

Inova Fairfax Hospital

A group that connects caregivers of trauma survivors to share their experiences and coping skills. Open to caregivers of trauma survivors.

Peer Visiting

Held weekly in the TICU/IMC/Ward

1st and 3rd Wednesday, 6 - 7:30 pm

2nd and 4th Wednesday, 10:30 am - 12 pm

*****Please be advised that times and locations may change. For more information or to check the status of a group, contact Shira Rothberg at (703) 776-4930 or shira.rothberg@inova.org.***