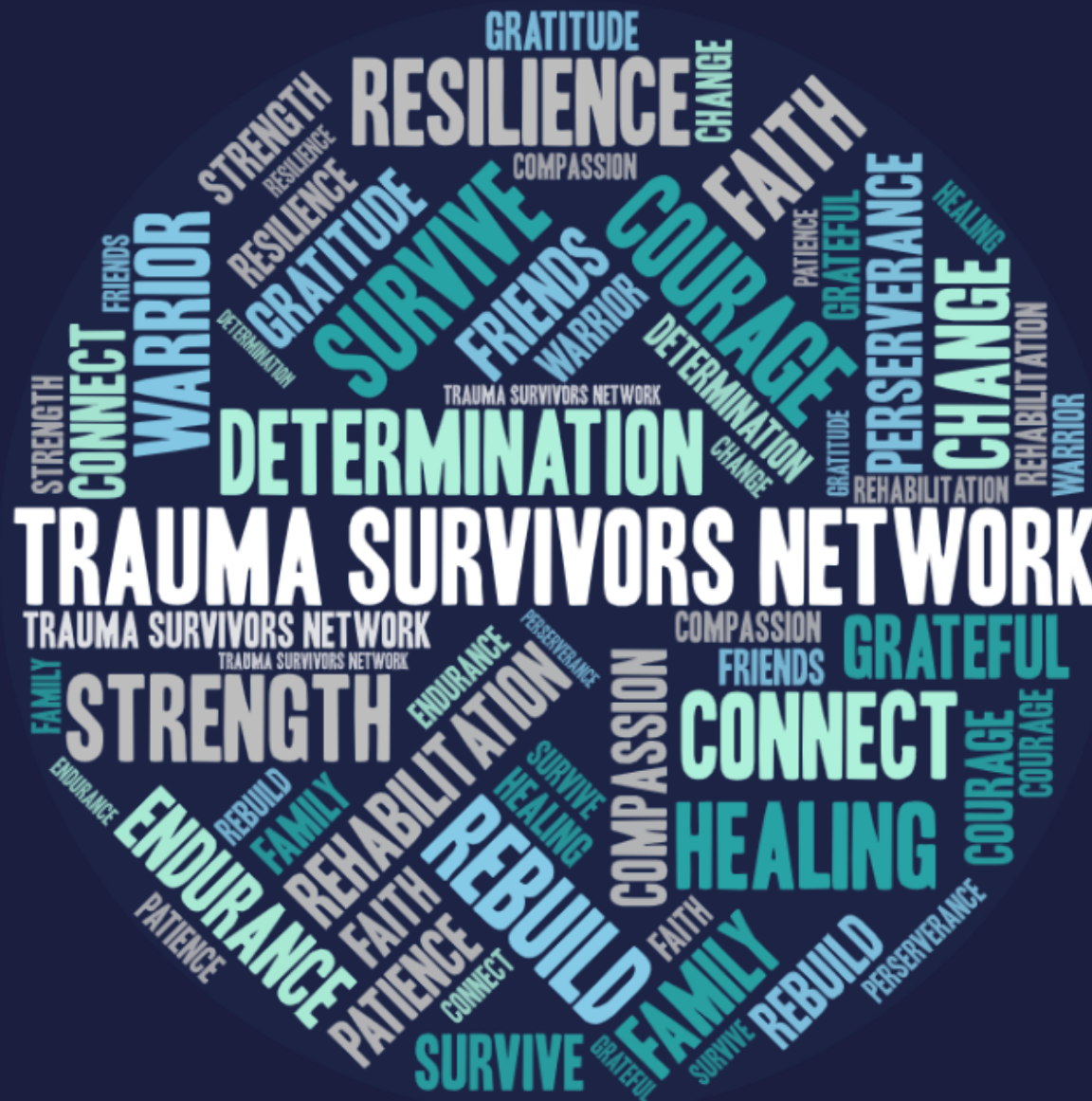


# MAKING AND MAINTAINING CONTACT WITH PATIENTS AND FAMILIES POST DISCHARGE

November 3, 2021



American Trauma Society



# PRESENTED BY

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TSN and Injury Prevention Coordinator

University of Vermont Medical Center –  
Burlington, VT

*The heart and science of medicine.*

UVMHealth.org/MedCenter

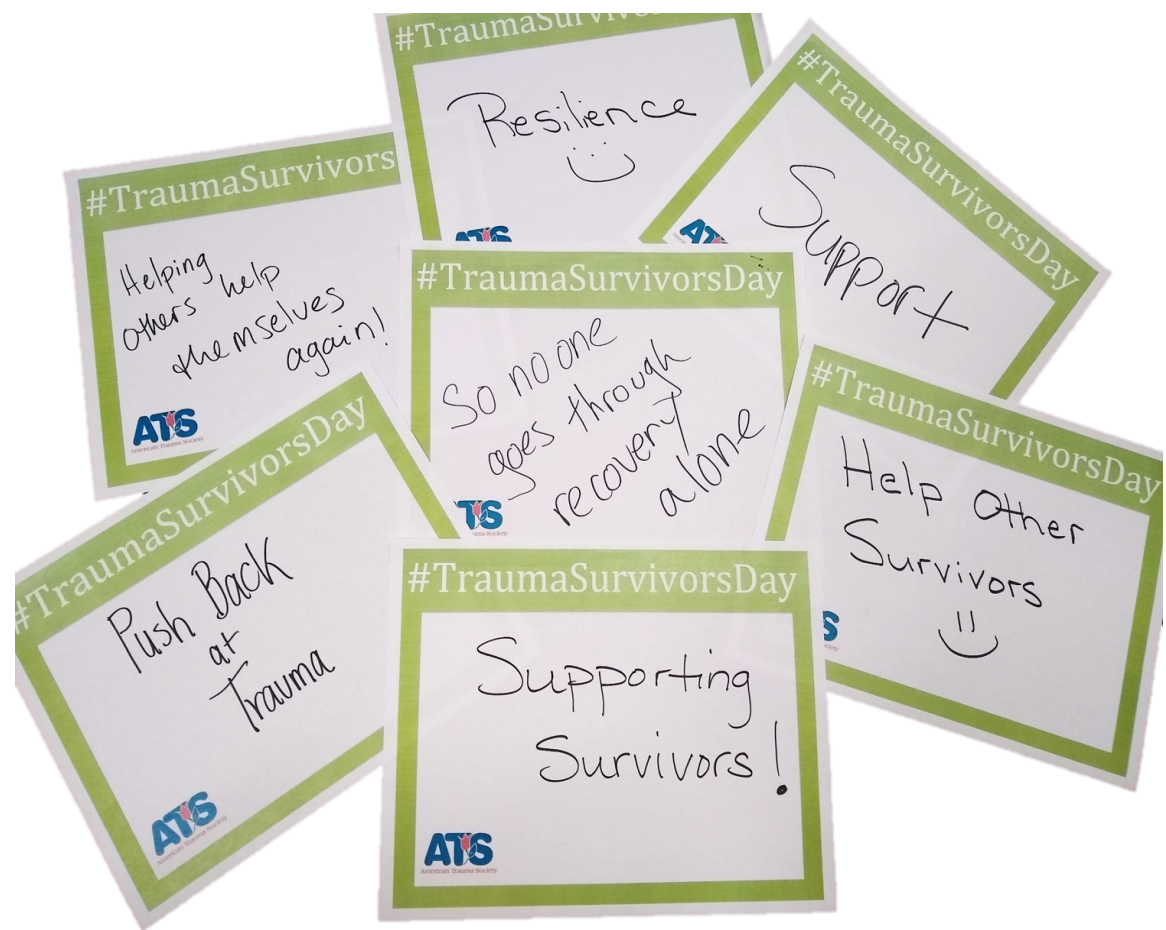
# Making and Maintaining Contact Post-Discharge

Abby Beerman, MPH  
Coordinator for UVMHC TSN

THE  
University of Vermont  
MEDICAL CENTER

# To get started

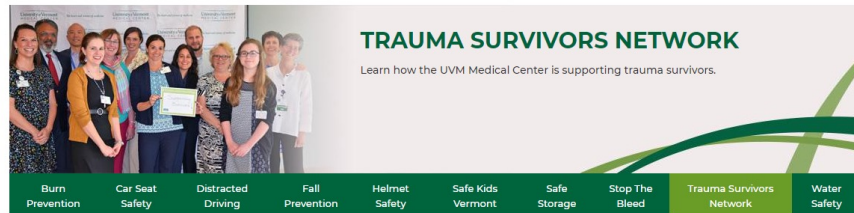
- Staff
  - How many TSN staff do you have?
- Location
  - What is your hospital layout like?
    - Trauma patients in the same ward
    - Trauma patients group together
    - Trauma patients located on multiple floors
- Timing
  - How long have you been a TSN site?





# Initial Progress

- Page on the Hospital Website
  - Shortcut to profile page on TSN site
- Customized E-mail Address
- E-mail header
- Updates at every Trauma Operational Meeting



## Trauma Survivors Network



The **Trauma Survivors Network**® (TSN) is a national community of patients and families looking to connect with one another after a serious traumatic injury. Joining this community can help ease the anxiety and frustration often experienced following a sudden injury and the resulting hospitalization, by connecting you with other trauma survivors and families who face the same unique challenges.

The UVM Medical Center, in partnership with the American Trauma Society (ATS), is committed to supporting and growing the TSN locally by providing the tools trauma patients and families need to navigate the road to recovery and to help improve and rebuild their lives.

[Become a Member of the UVM Medical Center Trauma Survivor's Network.](#)®

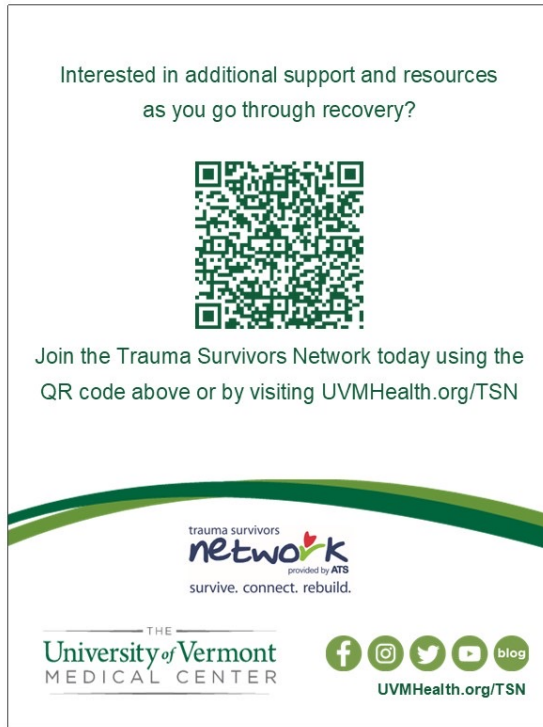
## Life After Trauma: Celebrating Survivors

Life After Trauma is a night to celebrate the recovery process and the lives of those who have survived trauma. The event offers opportunities to network with fellow survivors and recognize champions in the community and in trauma care. The highlight of the evening is Survivor Stories, where trauma survivors



# Recovery Cards

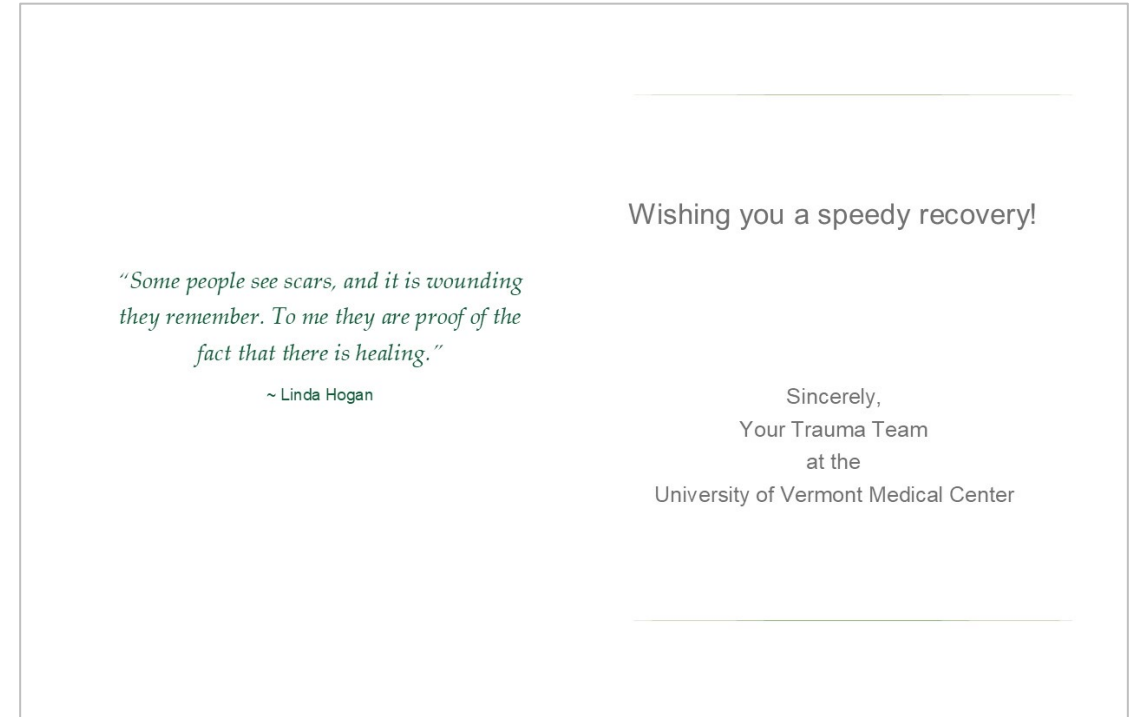
Back



Front



Interior



- Credit to Dana Schrimper at Brigham and Women's Hospital



## SURVIVOR NEWS

Newsletter for Resilience and Rebuilding

### IN THIS ISSUE

Survivor Spot Light [ pg. 1 ]

Posttraumatic Stress Disorder... [ pg. 1 ]

Halloween: Tricks, Treats, or Triggers?  
[ pg. 2 ]

Meet the Trauma Team [ pg. 4 ]

Facebook Support Group [ pg. 4 ]

Upcoming Events [ pg. 4 ]

### SURVIVOR SPOTLIGHT



### Survivor Spotlight: Debbie Drewniak

Hi! My name is Debbie. I am a Distracted Driving Survivor. In 2011, I was run over by a teenager Texting and Driving. I live in a VERY quiet 25mph residential neighborhood. I was by my mailbox, by my house, when she ran me over. Hit from behind, I broke her car windshield. Nearly every bone in my body was broken, including my neck. My pelvis was smashed. If I lived, doctors did not think I would ever walk again. I was in a coma. She killed my leashed Lab. I almost died, but she is lucky she did not kill me. Otherwise, she would have faced manslaughter charges.

She never knew what she hit until she got out of her car and saw me lying in the road, almost in my driveway. My leashed Lab was thrown into the neighbor's mailbox. She never knew she ran him over until she was told. Colchester Rescue brought me to the UVMCM ER, where doctors saved my life. (continued on page 2)

### Posttraumatic Stress Disorder After an Injury: What To Keep in Mind for Good Mental Health

Johanna Hidalgo, Matthew Price, PhD University of Vermont

Traumatic injuries take a psychological toll on the injured individual, their families, and their communities. All of those affected by these injuries are concerned about the recovery of the injured person with a focus usually on their physical health. Increasing awareness around mental health is important in aiding recovery. A lot of great research has shown that those with better mental health outcomes after an injury also have better physical health outcomes. Identifying and treating mental health concerns shortly after the injury can improve recovery and lead to better long-term outcomes. (continued on page 3)



# Newsletter

- Survivor Spotlight
- Mental Health Articles
- Community Resources
- Meet the Trauma Team
- Upcoming Events

# Poll Question

- Who here runs a support group?
- If you do, is it....
  - Virtual
  - In-person
  - Other format



# Follow Up Question

- Who here wishes they had a support group?





# Facebook Group

- Private
  - Screening Questions
- Open Community
- Multiple Moderators
- Discussion Encouraged



## Motivational Monday

What pushes  
you to keep  
going?

## Thursday Free Space

What's weighing  
you down?

Questions, Frustrations, Concerns

## Welcome Wednesday

How would  
your friends  
describe you?

## Let's have Fun Friday

What do you  
recommend as  
binge-worthy TV?

# Advertising



**Trauma Survivors Network**

Recovery is a road we take together,  
because no one should have to  
travel it alone.

UVMHealth.org/TSN

THE  
University of Vermont  
MEDICAL CENTER

## Trauma Survivors Network (TSN)

The Trauma Survivors Network is a community of patients and families looking to connect with one another after a serious traumatic injury.

Visit our website to learn more: [UVMHealth.org/TSN](https://UVMHealth.org/TSN)

Or contact us at (802) 847-2291 or [TraumaSurvivors@UVMHealth.org](mailto:TraumaSurvivors@UVMHealth.org)

### Join our Trauma Survivors Network



[forms.office.com/r/2R3ccYvZkm](https://forms.office.com/r/2R3ccYvZkm)

The TSN is open to survivors and their friends and family. Members receive quarterly newsletters, event updates, access to online class, virtual resources, and so much more.

### Join our Facebook Support Group



[uvmmed.hn/TraumaSurvivorsFB](https://uvmmed.hn/TraumaSurvivorsFB)

The Facebook Support Group is a space for survivors of traumatic injury to connect and share their experience. The group is private and you can join at any point in your recovery.



# Staff Support

- Trauma Registrar
- Trauma Program Manager
- Case Managers
- Therapists (OT/PT)



Questions?

[TraumaSurvivors@UVMHealth.org](mailto:TraumaSurvivors@UVMHealth.org)





**OTHER  
OPPORTUNITIES  
TO CONNECT POST  
DISCHARGE?**

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Q & A

The image features a dark blue gradient background. On the right side, there is a dense, textured field of 3D question marks in a slightly lighter shade of blue. A single, thin, vertical white line runs parallel to the right edge of the text, extending from the top to the bottom of the 'Q & A' text area.