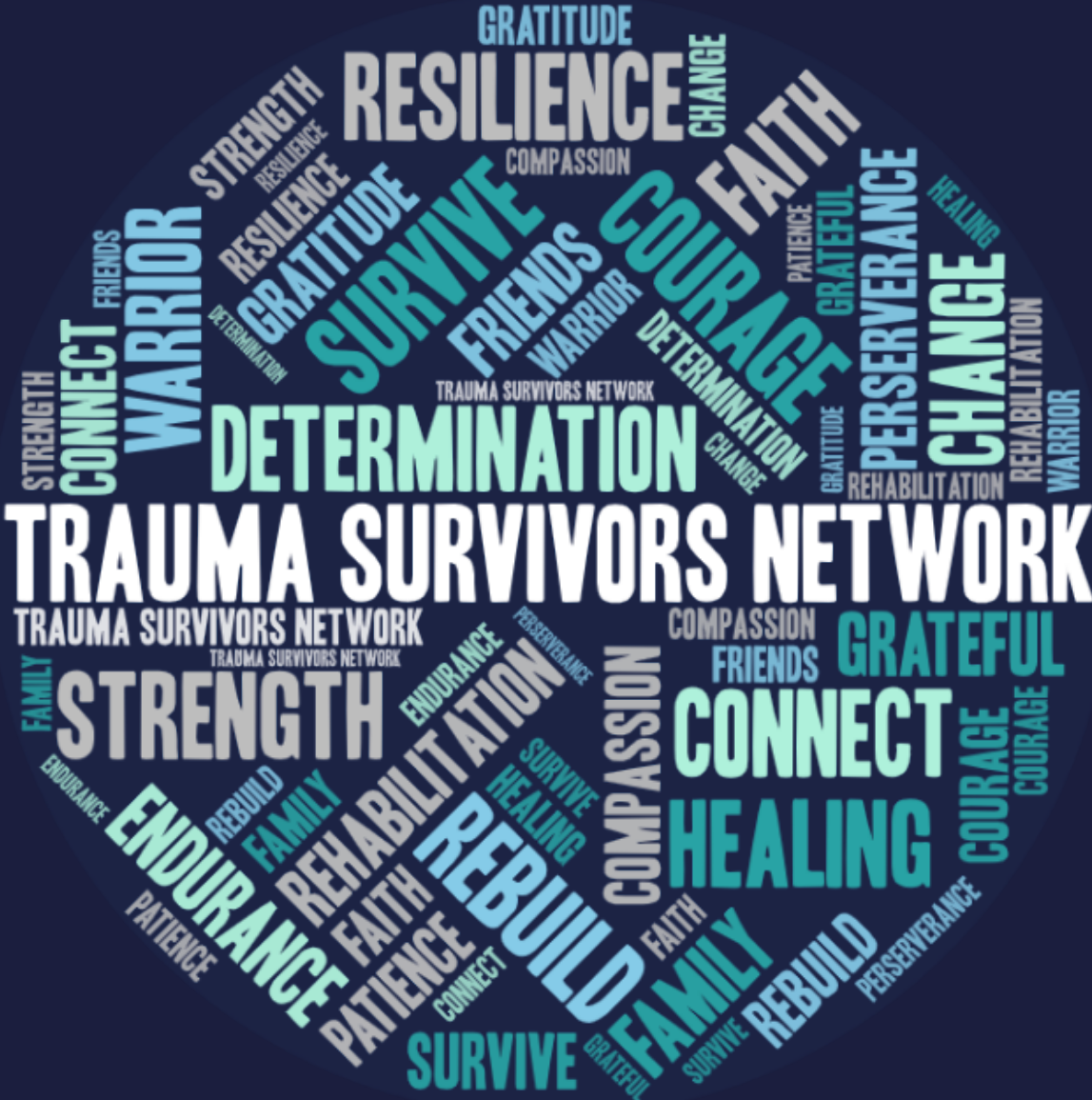


SUPPORTING TRAUMA SURVIVORS THROUGH PEER SUPPORT GROUPS

August 11, 2021



PRESENTED BY

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**ARE YOU CURRENTLY
RUNNING A SUPPORT
GROUP FOR TRAUMA
SURVIVORS?**



**HOW CONFIDENT ARE YOU
IN PLANNING FOR,
STARTING AND
FACILITATING SUPPORT
GROUP FOR TRAUMA
SURVIVORS?**





Goals and Benefits to
Peer Support Groups

Logistics for Starting and
Running a Support Group

Panel Discussion with 3
TSN coordinators

WEBINAR AGENDA

COORDINATOR WEBINARS

-  **TSN Webinar Presentation PDF: Tips and Tricks for Hosting Virtual Support Groups"**
TSN Webinar Presentation Handout: Tips and Tricks for Hosting Virtual Support Groups"
TSN Webinar Presentation Video: "Tips and Tricks for Hosting Virtual Support Groups"
Presentation given on November 10, 2020.
-  **TSN Webinar Presentation PDF: "Overcoming Challenges in Facilitating TSN Support Groups"**
TSN Webinar Presentation Video: "Overcoming Challenges in Facilitating TSN Support Groups"
Presentation given on August 14, 2019.
-  **TSN Webinar Presentation PDF: "Healing After Discharge: How TSN Support Groups Can Help"**
TSN Webinar Presentation Handout: "Healing After Discharge: How TSN Support Groups Can Help"
TSN Webinar Presentation Video: "Healing After Discharge: How TSN Support Groups Can Help"
Presentation given on November, 2017.

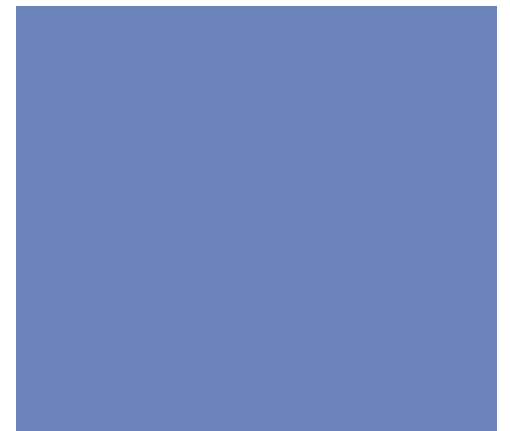
SUPPORT GROUP GOALS

- **A Safe Place for Survivors (and families) to:**
 - Come for support and mental/emotional healing after trauma
 - Feel welcome to connect with other survivors in all stages of recovery
 - Give Back to Others and Feel Empowered to Give Back



SUPPORT GROUP BENEFITS

- Gaining support and hope from others facing similar experiences
- Feeling less anxious, afraid or alone
- Sharing experiences and helping others
- Learning new skills for coping and enhancing your life
- Becoming more self confident
- Feeling more in control
- Developing new friendships



LOGISTICS TO STARTING A SUPPORT GROUP

- Decide on the type of group(s) based on the needs of your TSN community
- Decide on in-person, virtual or hybrid model
- Pick a day/time that works for you and any supporting staff
- Pick a location that is familiar and accessible
- Know your budget and commitment limitations
- Identify a group facilitator(s)

RECRUITING FOR SUPPORT GROUPS

- Get the word out!
- Admitted Patients
- Staff
- Newsletter
- Local organizations
- Other medical professionals
- Outpatient clinics



SURVIVE. CONNECT. REBUILD.

Trauma Services Department

trauma survivors **network** provided by ATS

FREE

Virtual Support Group for Trauma Survivors

This Month's Topic:

*Recover Better,
Recover Together*

Support groups are **FREE**, 90-minute online groups to support survivors of physical injury. Space is limited to 15 survivors. All participants will be required to sign a consent form prior to attendance.

Class Date: August 24, 2021

Class Time: 5-6pm

Registration required



To Register: Contact Sarah Bradley sarahbradley@mhd.com or 214-947-1772
You will receive an email with call-in information once registered.



LOGISTICS TO RUNNING A SUPPORT GROUP

- Group Facilitator
- Group Structure
- Group Discussion Topics
- Guest Speakers
- Managing Dominance
- Reluctant Participants
- Value in Notes
- Debrief

MEET GINA



MEET THOMAS



Indiana University Health
Trauma



MEET JESSIE



Atrium Health Support Groups

What to know about our TSN Program

- We've been in existence for about 8 years!
- We provide Adult and Pediatric TSN services

Staffing

- Two FT staff and one PRN staff member
- 2-4 Interns
- ~50 volunteers (in-person and virtual)

Roles/Responsibilities

- TSN is our primary job!
- In October we will be implementing a grant funded program to provide PTSD screening and bedside MH interventions + referrals for adult patients



Atrium Health Support Groups

Outpatient Support Groups (Pre-Covid)

- In-person monthly Survivors Group
- In-person monthly Family and Friends Group
- In-person monthly Kids Group
- In person Next Steps (once yearly)
 - All in-person groups facilitated by a member of the TSN team or TSN Intern
 - Groups met simultaneously on 4th Tuesday of the month

Atrium Health Support Groups

Outpatient Support Groups (Covid)

- Monthly virtual Survivors Group
- Monthly virtual Family and Friends Group
- Monthly virtual Kids Group
- Patients interested in NextSteps referred to the national program

Atrium Health Support Groups (Current)

Outpatient Support Groups (Aug 2021 change)

- Monthly virtual Survivors Group/Family and Friends Group
 - With breakout sessions to split Family & Friends/Survivors
- Monthly Virtual Teen/Campus Group
 - No longer a virtual option for ages 12 and under
- In-person plans...
 - Due to Delta, returning to in-person has been put on hold.
 - When we are able, groups will return to in-person with the above structure.
 - We will offer a monthly virtual group with the same topic as the in-person group
 - 4th Tuesday- monthly in-person/4th Thursday- monthly virtual group
 - Teen/Campus group will be an in-person/virtual hybrid on the 4th Tuesday

Atrium Health Support Groups

What do our support groups look like?

- In the virtual format we use PowerPoint
- Conversation based around a psycho-educational topic that we introduce

What's Your Motto?

Trauma Survivors Network
Virtual Survivors Support Group
25 May 2021



Welcome!

1. Review Confidentiality Agreement
2. Complete Emergency Contact Form
3. Zoom Tips & Tricks
4. Introductions
 - ✓ Tell us your name
 - ✓ Share what brings you to join group tonight?

Atrium Health Support Groups

Inspiration

to fill (someone) with the urge or ability to do or feel something, especially to do something creative (*dictionary.com*)

1. What/who inspires you and why?
2. When and what were you most recently inspired about?



Icebreaker



Inspiration cont.

Describe how you felt inspired throughout your recovery from a traumatic injury?

How have you inspired others?

Inspirational Words

- Enough
- Yet
- Begin
- Believe
- Service
- Momentum
- Grow
- Create
- Abundant
- Possibility
- Joy
- Live
- Hope
- Improve
- Dream
- Start
- Chance
- Gain
- Seek
- Solve
- Resilience
- Inspire
- Worthy
- Gratitude
- Joy
- Hope
- Imagine
- Try
- Wonder
- Balance
- Achieve
- Pride
- Strength
- Stamina
- Moving
- Courage
- Help
- Peace
- Love
- Enjoy

WWW.THEGOALCHASER.COM



6 Inspirational Activities For When You Just Want to Give Up

(shinesheets.com)

Temporarily Change Your Location

Meditate

Watch Inspirational Videos/Read Motivational Books

Set New, Smaller Milestones

Make a Gratitude List

Craft a Personal Motto

What is your favorite motto and why?

How has that motto helped you through a difficult situation?

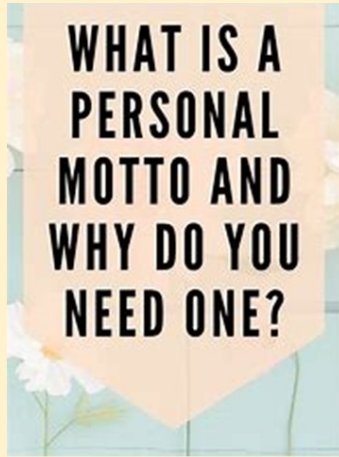
When do you use a personal motto?



I am a Woman Phenomenally.
Phenomenal Woman, that's me.

Maya Angelou

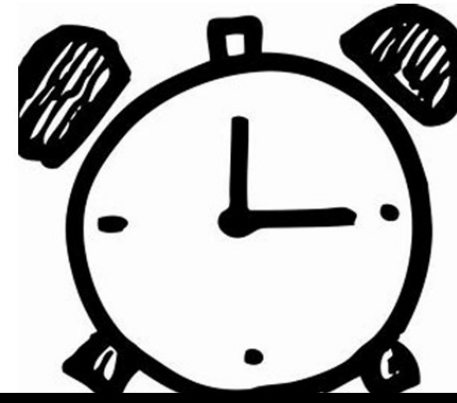
Personal Mottos... are they helpful?



How has a personal motto benefited you?

1. Calm your mind
2. Add pleasure, fun, and humor to life
3. Remind you of who you are and what you stand for
4. Help you change a habit

Break & Activity Time!



1. Take a quick 3-5 minute break as needed.
2. Take 3-5 minutes to CREATE a personal motto you feel inspires you.
3. Using the draw function on zoom, write your personal motto on the next slide.

How to create a personal motto?

1. Keep it short and easy to remember... It can even be one word.
2. Make it emotionally stick!
3. Boost its power by making it rhyme *(not required)*.
4. Repeat your motto AT A MINIMUM of in the morning and at night before you go to sleep.

Let's give it a try!

[My Personal Motto is]

Share what you created!

1. What was the inspiration behind the personal motto you created?
2. What was challenging about creating your motto?
3. How can your motto be helpful towards your present and future aspirations?

Atrium Health Support Groups

Successes/Challenges

- Consistent monthly groups through Covid
 - Regularly attending participants
 - Clear expectations/follow-through
 - Communication about groups
 - Engaging conversation
 - Ability to reach a wide geographical audience with virtual
-
- **Words of Advice:** Don't focus on the number of participants- quality over quantity



Q & A

