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SUPPORT GROUP 101: PART 2

PRESENTED BY



Katherine Joseph, MPH
National TSN Coordinator
American Trauma Society



Elizabeth Wysocki, MS
National TSN Coordinator Program Advisor (Education)
American Trauma Society

AGENDA



SG Series Overview



Support Group Logistics



Role of the Facilitator



Breakout Rooms

GOALS FOR THIS WEBINAR

1. Discuss group logistics and the role of the facilitator.
2. Talk to fellow TSN Coordinators about your plan and get some feedback.
3. 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

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 self-confidence and a sense of control.

Friendship and Community: Develop supportive friendships within the group.



SUPPORT GROUP 101 SERIES

Session I

- Support Group Planning and Logistics

Session II

- Role of the Facilitator, SG Logistics cont., Initial Session, Topics

Session III

- Trouble Shooting, Q&A with current SG facilitators

SESSION I SUMMARY

01

Find a partner

02

Define your group

- BI, SCI, polytrauma

03

Decide on when, where and how often it will meet.

04

Find advocates at your hospital.

05

Marketing the group

SKILLS AND TIPS FOR RUNNING A SUPPORT GROUP

Session 2

LOGISTICS

Where to meet?

- Hospital, Rehab Facility

Day or Evening?

- What will work best for your population?

How Often, How Long, Food

- Monthly or bi-monthly
- 90 minutes is most common
- Can you offer any refreshments?

LOGISTICS, CONTINUED



Room Preparation

Sit in a circle or around a table

Post Signs

Greet members as they arrive



Supplies to Bring

Name Tags

Markers

Sign-in Sheet

Notebook for notes

Refreshments

Parking Passes

Resources Sheets

LOGISTICS, CONT.

Format Options

Open discussion & support

Educational Speaker

Group projects & Celebrations

Peer Visiting



OPEN DISCUSSION & SUPPORT

TOPIC IDEAS

Attitude during Recovery

New Normal

Self Care

Advocacy

Pain Management

Healing from Trauma

Acceptance

This allows for maximal interaction and mutual support.

The group may like to schedule different topics each month.

Begin by briefly reviewing the purpose of the group and what to expect.

Everyone can introduce themselves. If you don't have new members this month, you may not have to do this.

EDUCATIONAL SPEAKER



This format allows for continuing education for trauma survivors, enhanced medical knowledge self-advocacy and recovery management.



Ask the group if they have speakers they would like to hear from.



Common requests include Trauma Surgeons, chaplains, nurses, rehab services



Avoid legal, financial or product experts



Format is similar, start with introductions, and then the speaker can offer a short presentation (10 minutes), ending with questions or discussion.



Prep the speaker for what to expect.

GROUP PROJECTS & CELEBRATIONS

May Ideas

- Celebration for National Trauma Survivors Day
- Race to Rebuild Walk or Event

Other Ideas

- Potluck (December)
- Creating care packages for current trauma patients and families
- Creating thank you packages for nursing staff

PEER VISITING



- Once the support group is well established, you may develop a group of peer visitors!
- Have a list of patients for the Peer Visitors to visit. Since visits can vary in length, you can debrief as needed, when folks return to the room.
- It is best if these groups only have Peer Visitors.

ROLE OF THE FACILITATOR

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Managing the group will help things run smoothly.

Strive to give the power to the group, not to assume power.

Characteristics: Honesty, Creativity, Empathy, Enthusiasm

Active listening- secret ingredient

Model the behavior you want to see in the group.

Keep the group on track.

End on time.

THE INITIAL SESSION

DO YOU HAVE A FEW SURVIVORS TO
INVITE TO THE FIRST SUPPORT GROUP?

INITIAL SESSION CHECKLIST

- Briefly introduce yourself and co-leader
 - Why are you starting this group
 - Purpose of the group
- Facilitate group introductions
 - Model an intro so the members know how much to share
- Ask group to help develop ground rules.
- Ask group for ideas, what do they want to see this group look like. Do they agree with the purpose.
- Close the session by summarizing the conversation. You can ask for feedback from the group. Also, you may have decided on a topic for the next month, so you can include that in your summary.

BREAKOUT ROOMS



What are you going to work on, during the next month?



Brainstorm with your group.

WHAT TWO STEPS CAN YOU TAKE
BEFORE THE SESSION 3?

RESOURCES

TSN Website



Coordinator Resources



Support Group



QUESTIONS?