

TSNNotes

A publication of the **American Trauma Society**
 Summer 2014

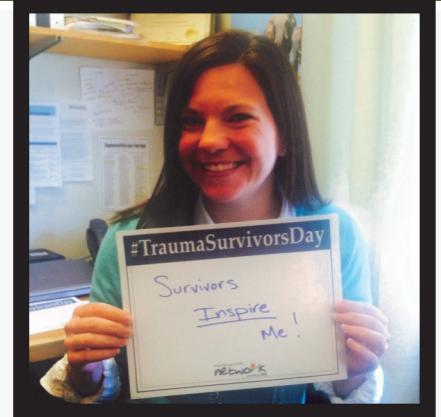
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National Trauma Survivors Day Success

#TraumaSurvivorsDay

National Trauma Survivors Day was a success! Thank you to everyone who supported the campaign this year by sending in photos, tweets, Facebook messages and emails. The inaugural social media campaign this year yielded over 250 photos, and over 400 messages posted from around the county. Most importantly was the tremendous outpouring of support for trauma survivors recovering from their injuries. Thank you for participating and we look forward to celebrating again next year.



Dear Reader,

Welcome to the Summer Edition of TSNNotes, a newsletter of the American Trauma Society's Trauma Survivors Network. As the National TSN Coordinator, I am pleased to be able to report that the TSN continues to grow in both strength and numbers.

In this edition we report on the National Trauma Survivors Day Success and feature the story of Pat Showalter, a trauma survivor from Wake Forest Baptist Health in North Carolina. We also feature a piece on survivor activities, a volunteer award and an interview with the TSN Coordinator at Carolinas Medical Center in North Carolina.

Please enjoy this edition of TSNNotes, and remember, feedback and questions are always welcome!

Elizabeth Wysocki, MS
 National TSN Coordinator



MetroHealth's TSN Volunteers Receive Community Award

In Cleveland, the TSN has been serving trauma survivors and their families for the past year. Sarah Hendrickson, TSN Coordinator, has been working with an amazing group of volunteers that are supporting newly injured survivors as they begin their road to recovery. On May 4th these volunteers were honored with an awarded with the Crain's Healthcare Hero's Volunteer Organization of the year for 2014. Sarah has over a dozen Peer Visitors that volunteer and hopes to have over 20 by the end of the year.



Peers are the heart and soul of the TSN. They offer what most of us in the trauma field cannot, experience with recovering from traumatic injury. The TSN would not exist if it were not for the selfless act of volunteers. They make a difference in another survivors life by being there for them during this critical time. This award that Sarah's group received, represents how we feel about ALL TSN volunteers.

To find out more about Peer Visitation visit www.traumasurvivorsnetwork.org.

R Adams Cowley Shock Trauma Center's TSN Volunteers Help Amputee Walking School

On May 31, 2014, The R Adams Cowley Shock Trauma Center's TSN provided 16 volunteers at the Amputee Walking School. Dankmeyer was very proud to be partnered with The University of Maryland Rehabilitation & Orthopaedic Institute and The University of Maryland Rehabilitation Network to present an Advanced Gait Training for Individuals with Lower Extremity Amputations. The all-day event was conducted by two dynamic Paralympians, Todd Schaffhauser and Dennis Oehler. Held at Baltimore City Community College, the participants attended some lectures, and spent a lot of time in the gym! There, they explored different stations where they could work on balance, technique, and in the case of the children - just play!



The Amputee Walking School's mission is to help patients reach lifeskill goals by providing a community service program that continues training after the rehabilitation process has ended. In Fall 2013 they celebrated their 25th year of programs and classes being held throughout the country. To volunteer with the Amputee Walking School go to their website- www.amputeewalkingschool.com.

WELCOME TO THE NEW TSN SITES

Proudly, we welcome the following Trauma Centers to the team of centers offering the TSN to patients and families. You can connect with these TSN centers in the Trauma Centers section of the TSN websites. There you can find out more about the programs offered and ways to get involved.

Lawnwood Regional Medical Center- Fort Pierce, FL

University of North Carolina Medical Center- Chapel Hill, NC

Find Us!

Facebook: [Trauma Survivors Network](https://www.facebook.com/TraumaSurvivorsNetwork) **Twitter:** [@TraumaSurvivors](https://twitter.com/TraumaSurvivors)

An Interview with Eileen Flores on Integrating Internships into the TSN

What is your role at CMC?

I am the Coordinator for the Trauma Survivors Network (TSN) at Carolinas Healthcare Systems' Carolinas Medical Center in Charlotte, NC. The TSN team provides TSN services and resources to 4,000+ adult trauma patients admitted to the level 1 trauma center each year with follow up services after discharge. The TSN offers support services to the families and friends of trauma survivors in both the trauma center and after their loved one discharges. The TSN provides additional resources to the patients enrolled in the METRC Trauma Collaborative Care Study.

Why did you decide to offer students an internship with the TSN?

When I began in this role in January 2013, I quickly realized that building and coordinating the TSN program at Carolinas Medical Center would need a team approach. I am a Licensed Clinical Social Worker Associate, and I can remember having three wonderful internships throughout undergrad and graduate school. Those internships really prepared me to be a professional and gave me experience in providing support to people in difficult situations. I knew that the TSN program could provide a wonderful experience to MSW graduate students as they prepare for their own careers, and I soon began building a partnership with the School of Social Work at the University of North Carolina-Charlotte. I also completed training on being a Field Instructor to supervise graduate social work students.

How has the TSN benefited from the interns?

Our first MSW intern was Laura Raichle. I can't say enough positive things about Laura and the hard work that she dedicated to this program last year. Laura's internship gave her 24 hours per week at Carolinas Medical Center from September through May.



Laura and Eileen launching Next Steps.

Laura quickly learned about the trauma population we serve and used her skills to coordinate our team of TSN Peer Visitors, help co-lead our first NextSteps program, help round on patients and families, help co-lead the Family Class, and help support the Survivors Group. There were times when I needed to be in the outpatient orthopaedic clinic with a patient enrolled in the TCCS study at the same time that Family Class was starting, and Laura responsibly met peer visitors, gathered families, and began the family class until I could be there. The TSN program has only been possible with this additional support.

Laura, what makes this experience unique?

Working with the TSN this past year has given me a lot of valuable insight into the social work profession, as well as the healthcare system as a whole. I had the unique opportunity to work with and meet many amazing trauma survivors and families who inspired me each and every day. I learned more from them than I could have ever learned in school. I was also given the opportunity to have Eileen Flores as my supervisor. She taught, supported, and guided me through graduate school and my internship, and I couldn't have asked for a better mentor and friend. The skills that I acquired through my internship with the TSN will guide me through my future social work endeavors and I am very grateful for the experience I had.

Trauma Survivors Picnic Vanderbilt University Medical Center

TSN members at VUMC celebrated survivors during the month of May. They had a wonderful group of survivors, family and friends along with Trauma staff attend the picnic.



Memo

Interested in establishing a TSN Chapter in your trauma center? Call ATS at 800-556-7890, or email us at TSN@amtrauma.org Please also visit our websites, www.amtrauma.org www.traumasurvivorsnetwork.org

Survivor's Corner

TRAUMA SURVIVOR PAT SHOWALTER TALKS ABOUT HIS TRAUMA AND THE TSN

What was your trauma?

On June 25th, 1994 I was getting ready to cross the street when about a 20 mph gust of wind blew off an unsecured section of roof from a building. The 20x25 foot section dropped three stories and hit me like a frisbee. I hit the ground approximately 50 feet down the street, rolled over, sat up and looked down to see my right foot laying on my chest. My first thought was "How am I going to stand up?". My left leg was barely hanging on with a compound fracture to both the tibia and fibula and three inches of bone shattered. My right elbow was

split wide open as was the back of my head. Part of my left hand was crushed just below the thumb. I didn't even realize that these additional injuries had even occurred... I just found it unbelievable that my right foot was on my chest. I was taken to a local hospital where they re-attached my foot and took care of stabilizing my other injuries. I struggled to live for the next five days and was airlifted to Wake Forest Baptist Hospital. I was taken into surgery soon after arrival for assessment and 10 minutes later they told my wife they would have to take my leg, it was too infected to save. I spent the next two months in the hospital as they reset my left leg, worked on my left hand and continued, little by little, to amputate my right leg trying to get above the infection.

How have you been involved in the TSN?

I was contacted last year by TSN through Wake Forest Baptist Hospital. I was asked if I would be interested in becoming a part of the peer visitor program and I gladly accepted. I have talked to a lot of patients over the last year and it is truly fulfilling to bring hope and encouragement into those hospital rooms. I have also had the pleasure to talk to family and support members during family visitation that we do each week.

How has the TSN helped you and others?

The TSN provides the support that helps you understand how to move forward in your recovery and helps you to find your "new normal". I wish TSN had been around 20 years ago when I was injured. I especially like the Next Steps program that gives you the nuts and bolts process of how to deal with recovering from traumatic injury. As a trauma victim one of the greatest fears is the unknown, of not knowing what will happen next. Next Steps gives you a roadmap to recovery and in my opinion a pathway to victory. I believe you have two choices after traumatic injury, you can get bitter or better, you can choose to remain a victim or become a victor. I am honored to be a part of TSN and help others realize they can get better and be victorious.



Trauma Survivor, Pat, with TSN Coordinator, Danielle Drye

Wake Forest Baptist Health TRAUMA SURVIVOR SUPPORT

The Trauma Survivors Network at Wake Forest Baptist Health provides various support services to trauma survivors and their loved ones. A monthly support group, weekly peer visits, weekly family support, and access to the TSN website are just a few of the ways that trauma survivors and their families can connect to one another and the information that can be so helpful along the journey of recovery from traumatic injury. As the TSN at WFBH moves into its second year, it is exciting to see the continued growth and utilization of program services.

Pat Showalter, a 20 year survivor, is a vital part of the growth of the TSN program at Wake Forest. Pat initially became involved in the TSN in April 2013 as a peer visitor. Pat's strengths as a peer visitor are his compassion and innate ability to connect with new survivors. He is charismatic and likeable. Pat is also an active member of the monthly survivors support group and has been an important part of several presentations in the community. With a background that includes experience with both counseling and leadership, Pat has naturally been able to assume a leadership role within the TSN peer visitor program and that includes scheduling and training of peers. We are so thankful for Pat and the role he plays in the TSN at WFBH. The success of the program will continue to be built from the dedication and compassion of survivors like Pat.

To read Pat's full story and find out more about the TSN at the Wake Forest Baptist Health go to

www.traumasurvivorsnetwork.org