

TSNNotes

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TRAUMA SURVIVORS NETWORK PROGRESS

2013, A Year In Review

The TSN has had a very **productive** year! Starting in 2013 there were three Trauma Centers offering the TSN. By the end of 2013 there are six Trauma Centers offering all of the TSN programs, and over 50 trauma centers that are either signing on to implement the TSN or will consider implementation in 2014.

Implementing the TSN has become more manageable. Each trauma center can assess their needs and resources and with the help of the National TSN Coordinator, decide which components of the TSN to implement. Also, the ATS has removed the fee previously associated with the TSN and made it a benefit of being an ATS Institutional Member.

To support the new TSN sites, the ATS has held three webinars on the TSN in 2013 that have reached over 100 people. These webinars have provided an overview of the TSN and the benefits to patients and families, instruction on the Patient and Family Handbook and how to navigate the improved and updated TSN Website.

During the fall, the TSN National Advisory Council was reunited and continues to work together to promote the TSN and develop a financial plan for sustainability.

In addition, our colleagues at Johns Hopkins continue to work to improve outcomes for survivors of traumatic injury. We are delighted to collaborate with them to test the effectiveness of the TSN under a collaborative care model for survivors at sites. In addition to the core TSN programs, the TSN coordinator and surgeon work closely together to enhance participation and provides coaching to trauma patients in the year following the injury.

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"We are all seeking belonging, and trauma patients are thrust into a new and uncertain world. I truly believe the TSN provides them the support they need to navigate the new world around them and create a new place for themselves amongst fellow survivors. "

Sarah Hendrickson, TSN Coordinator

Looking forward, the ATS is working together with TSN sites to promote survivorship through Survivor Day in Trauma Awareness month. We also plan on providing more support to each site that is able to offer the TSN. If you haven't joined the TSN, please consider becoming a part of our team.



Dear Reader,

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

In this edition, we report on TSN progress nationally, and feature the story of Clay Hamric, a trauma survivor from the Inova Trauma Center in Virginia. We also feature a piece on the TSN website, a survivor running team, and an interview with the TSN Coordinator at MetroHealth in Ohio.

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

Elizabeth Wysocki, MS
National TSN Coordinator

TSN Mission and Vision

Mission:

The Trauma Survivors Network, a program of the American Trauma Society, exists to develop and sustain a community of patients, families and loved ones, and healthcare professionals connecting with one another to rebuild the lives of individuals following traumatic injury.

Vision:

The Trauma Survivors Network, working in partnership with hospitals around the country, foresees a time when all survivors of traumatic injury and their families, wherever they live, are able to receive personalized support and assistance as they work to rebuild their lives after serious injury, from moments after injury and hospitalization through the rehabilitation process, and into their daily lives.

New and Improved

The TSN Website Offers More for Survivors and Trauma Centers

www.traumasurvivorsnetwork.org

Where can I find out more about the TSN?

The TSN website is a fantastic resource for anyone that wants to learn more about the TSN and access resources for recovery. It has been undergoing improvements for the last year all and we are excited to share these improvements with you now!

Improvements

To begin, you will find more information about TSN Trauma Centers, TSN programs, survivors stories and shared peer support.

There are more resources for TSN Coordinators that will help support TSN implementation.

Also- there are more resources for patients and families that will help during hospitalization and recovery.

New Resources

- More Featured Survivor and Family Stories

▪ Recovery Assessment

The recovery assessment is designed for patients who are recovering from traumatic injury. The questions will help survivors understand strengths, resources and potential problems faced during recovery. Easy to read printable results are available after taking the assessment.

▪ NextSteps Self Management

NextSteps is a six week online class that is designed to provide survivors with the tools and confidence to make steps forward in their recovery. The class is free to all survivors and moderated by a professional.

▪ Stay Connected

The TSN is now on Facebook and Twitter. Here you will find inspiration for recovery and links to resources in the news.



Facebook: Trauma Survivors Network **Twitter:** @TraumaSurvivors

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 website. There you can find out more about the programs offered and ways to get involved.

Carolinas Medical Center- Charlotte, North Carolina
Flagstaff Medical Center- Flagstaff, Arizona
Froedtert Hospital - Milwaukee, Wisconsin
MetroHealth System - Cleveland, Ohio
Sanford USD Medical Center - Sioux Falls, South Dakota
Wake Forest Baptist Health- Winston Salem, North Carolina

An Interview with Sarah Hendrickson from MetroHealth System

Q. Tell us about your role in the hospital and how you got involved in the TSN.

A. Becoming involved in the TSN was a happy accident. I wasn't aware of the programming or the incredible need for this service until I was introduced to it. I am now coordinating the Trauma Survivors Network at The MetroHealth System in Cleveland, Ohio. In less than six short months of fully implementing the Trauma Survivors Network within our Level 1 Adult Trauma Center, we have acquired 12 fully active Volunteers, provided over a hundred hours of volunteer support, met with over 250 trauma patients, and conducted over 125 peer visits.

Q. What progress have you made toward the development of the program?

A. The program is in full swing, from the ED door, to the Trauma floor, and all that and more. :-) We provide programming for patients' families and friends while they wait for news and progress while in the ICU. We provide monthly support meetings for survivors. We have a bevy of Peer Volunteers to provide in-house and ongoing support for survivors and families. We provide access and education to the Trauma Survivors Network website and resources. Lastly, we are creating a community of educated individuals that recognize that recovery is more than the suture of a wound or the mend of a broken bone. Recovery is not a destination, but a journey, and one that is best traveled in pairs.

Q. What is the most rewarding part of building the TSN program?

A. Hands down, the most rewarding aspect of this job is working with the volunteers. Their willingness to provide comfort and support to current patients, in such a sensitive and uncertain moment of their life, with grace and motivation makes coming to work an easy choice each and every day. They are truly an inspiration.

Q. What challenges have you faced in getting this program implemented?

A. Medical professionals have long understood that effectively treating a patient physically is not the only indication of a successful recovery. However, until now, little or no resources were available to trauma survivors. Getting the word out has been my biggest challenge. Weaving this program into the hospital's inner workings has been a work in progress, but each day someone new sees my badge in the clinic or elevator and says, "oh yeah, I've heard about that program...we really need something like that here".

Q. What advice would you have for others considering building a program?

A. "If THEY build it, they will come." This program has to be in the hands of the people who matter most, the survivors. Getting one or two good volunteers on board will help you identify your programmatic needs. The patients will teach you what you need to know. Then, learn the flow-chart of your trauma center. Understand where patients go and when, when families are most present, when patients are most alert, when nurses need some respite, when physicians are on rounds...get to know the schedule and JUMP IN.

Q. What feedback have you gotten from your survivors about the program?

A. Every single person I've worked with thus far has said to me, "I wish this had been here when I was here!". For current survivors who don't know what it was like prior to the implementation of the program, I often hear, "It's good to know I'm not alone.". We are all seeking belonging, and trauma patients are thrust into a new and uncertain world of where and how they might fit. I truly believe the TSN provides them the support they need to navigate the new world around them and create a new place for themselves amongst fellow survivors.

Baltimore Running Festival TEAM TSN



The TSN at the R Adams Cowley Shock Trauma Center University of Maryland Medical Center organized a running team that participated in this year's Baltimore Running Festival. TEAM TSN rallied 93 runners and numerous volunteers all of whom united to raise awareness of the Trauma Survivors Network and support fundraising efforts. On race day, a sea of 180 maroon TEAM TSN shirts filled the streets of Baltimore, exposing our program to over 27,000 community members.



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 and www.traumasurvivorsnetwork.org

Survivor's Corner



Trauma Survivor Clay Hamric with TSN Coordinators, Melissa Porrey & Brenda Lynne

TRAUMA SURVIVOR CLAY HAMRIC TALKS ABOUT HIS TRAUMA AND TSN

What was your trauma?

I am a trauma survivor. On May 13, 2012, at around 2 PM, I fell 28 feet off a roof. I landed in a "bang, bang, 1-2-3-4" manner: lower back, upper back, shoulders, back of head. I broke my lower and upper spine, sustained a concussion, and had numerous muscular and joint injuries. Eight firefighter/paramedics arrived and proceeded to work on me immediately. I was initially not responsive, and remember little of what happened at the scene. I spent the next 4 months recovering in bed, and the next 8 months after that in physical therapy. The physical therapy was impossibly hard, and all I wanted to do was to stop. The physical therapists taught me to just take one day at a time, one exercise at a time even, and that helped me to press on.

How have you been involved in the TSN?

The trauma social workers introduced me to the TSN and it changed me for the better, forever. I was able to listen to and talk with other trauma survivors. I was also given the opportunity to participate in peer support and in community outreach. I was trained to provide peer support. I talk with other survivors while they are still in the hospital and to listen to their fears, their worries, and their hopes.

How has the TSN helped you and others?

TSN gave me an awareness of the mental aspects of life after trauma, and that has been healing. More powerful than awareness, however, are the tools TSN gave me to deal with the fear and anxiety. As much as the skilled doctors, nurses and physical therapists did to heal me physically, the trauma social workers and peers at TSN have done to help me mentally. I healed physically over the first year-now I heal mentally over the rest of my life. Each day, I am a little bit better.

TSN COORDINATORS
AND CLAY HAMRIC

INOVA TRAUMA CENTER COMMUNITY OUTREACH

The TSN program at Inova Fairfax Hospital has just completed its first year of providing direct services to Trauma Survivors and their families. It has been a successful year. Over 325 Peer Visits have been provided to trauma patients during their hospital stay. Weekly family support is provided for TICU families. Monthly support groups, including art therapy, are offered to trauma survivors, traumatic brain injury survivors, and caregivers are offered to promote emotional recovery after discharge. IFH also offers community presentations in which survivors share their stories with Healthcare professionals creating empathy and understanding from a personal perspective.

Clay Hamric became involved with IFH TSN program in April 2013. Clay participates in the Trauma Support Group, Peer Visiting and Community Presentations. Clay has been a tremendous asset to the TSN program. He has an innate ability to ensure patients and families feel heard and understood. He is very compassionate and caring. Clay provides peer visits on both scheduled times and is available on emergent basis. He also presents at many of our community presentations and is articulate and engaging. The success to IFH's TSN program is due to volunteers like Clay.

**Read Clay's full story and find out
more about the TSN program at
INOVA Trauma Center go to
www.traumasurvivorsnetwork.org**