

TSNotes

Quarterly Newsletter of the Trauma Survivors Network



Welcome!

Dear Readers,

I am honored to continue to work on the behalf of trauma survivors. We hope you enjoy our new look to TSNotes.

In this edition of TSNotes, we will provide a review of the accomplishments of the TSN in 2015. We also welcome our new TSN sites, and feature a survivor from Carolinas Medical Center TSN and Hanger's AMPOWER Peer Program.

I hope you enjoy this edition and as always, feedback is welcome.

Elizabeth Wysocki, MS
National TSN Coordinator

TSN

2015, A Year in Review

2015 was a strong year for survivors. We had 23 new trauma centers sign on and commit to providing more

support for survivors. As we welcome these new trauma centers we are excited to know that many more survivors will begin to find the support they need as they navigate recovery. We continue to work with many other trauma centers that are exploring ways in which they can join team TSN.

This year we also formed a partnership with Hanger Clinic. We are working together to provide support for survivors during recovery. In *Survivors Corner*, on page 5, you can read about a Peer Mentor that is both a Hanger Clinic AMPOWER Peer and a TSN Peer.

We celebrated our second annual National Trauma Survivors Day (NTSD) and are excited to celebrate again in 2016. On May 18th, 2016 we invite you to join us! There is nothing more important to the TSN than celebrating life after trauma.

NextSteps® Online, has also had a successful year. NextSteps® is an online self-management class that offers an interactive program designed to help survivors manage their life after a serious injury. Since 2013 we have offered 12 classes and had over 90 survivors enroll in NextSteps. In 2015, about 90 patients signed up for this free resource.



Welcoming New TSN Sites

We are excited to welcome the following new sites:

Upstate University Hospital
Syracuse, New York

UPMC Presbyterian
Pittsburgh, PA

Reading Hospital Trauma Center
West Reading, PA

If you are interested in joining our network, please see the page 3 where we have how to join details.

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TSN 2015, A Year In Review cont.

In the 12 classes, 102 survivors have completed over 630 didactic lessons and attended 72 online group sessions comprising over 388 hours of participation in online self-management training and support.

For current class information about NextSteps® Online please visit www.nextstepsonline.org.

We would like to thank all those that have dedicated themselves to making the TSN possible. We could not do this without all the TSN advocates, the tireless work of trauma centers and the survivors that help fuel these programs. We look forward to working with all of you in 2016.

Survive. Connect. Rebuild.



TSN Out and About

EAST Conference



On January 12th, the TSN participated in the Eastern Association for the Surgery of Trauma 5th Annual Prevention Outreach Program. Pictured are 2 survivors who shared their story with high school students from Thomas Jefferson High School in San Antonio, TX.

TSN Coordinator Training

Pictured to the right are The University of Tennessee Medical Center's new TSN Coordinators, Therese Zaltash and Elizabeth Waters. They participated in training in preparation for the program's roll out.



Join the TSN

Interested in establishing a TSN Chapter in your trauma center?

Join the TSN and become one of a growing number of hospitals around the country that are setting the standard for trauma care. By becoming a TSN facility, your center will be on the leading edge of trauma care and stand out from competing facilities. We look forward helping trauma centers and those affected by traumatic injuries.

Call ATS at 800-556-7890 or email us at admin@traumasurvivorsnetwork.org

Please also visit our websites

www.amtrauma.org

www.traumasurvivorsnetwork.org

SURVIVORS CORNER

Trauma Survivor, Stephen Shope's, Message of Hope, Perseverance and Collaboration

The Trauma

My experience with trauma... I was in a high speed motorcycle wreck June 21st 2009. I was going 130mph on my sports bike on the interstate. A state trooper on the other side of the road saw me and hit his lights. I looked behind me to see what he was going to do and when I did, a SUV way up the road changed into the lane I was speeding in and I



hit the side of the SUV. Things go fast at 130! The damage to my upper limbs resulted in bilateral arm amputations. I have come to realize that trauma comes in all shapes and sizes. It most definitely happens when you least expect it. The mental aspect is critical when overcoming trauma because it's normally easy to be negative and hard to be positive for most people.

Lessons Learned

Surviving Trauma is what you make of it. For me, I felt blessed to be alive, reminded myself constantly that it could of been worse! Don't get me wrong, I had my moments of sadness but once you realize what happened to you and can accept it, that is when the real recovery process starts. Lucky for me, I had a great support group with constant encouragement through family and friends!

You can do one of two things in trauma. You can wallow in your sorrow or you can MAN UP! Sometimes you have to man up and move on with life because life is too short and it's a very precious thing.

Survivors Corner cont.***AMPOWER and TSN***

I became an AMPOWER peer visitor soon after I was home from the hospital. I had a quad amputee come visit me in the hospital who was part the program and his visit made a huge impact in my recovery process! He lost both arms and legs and could still drive, do farm work, be self sufficient, and was in his mid 60's! I was thinking, "I don't have anything to complain about." If he could do it, I knew I could recover too. I feel obligated to peer visit folks because I personally know how helpful it is especially in the early stages of the recovery process.

My experience with the TSN is a powerful one. Its cool to relate to folks that aren't just fellow amputees but fellow trauma survivors. Trauma effects everyone differently but we all relate because trauma is trauma. It doesn't matter the specific type of trauma because the tools one uses to overcome that trauma to accepting the "new normal" are the same. TSN is a vital program in the recovery process because many folks that end up in the hospital from trauma may not have a good support group of family and friends. Having a fellow trauma survivor visit a new patient gives that patient someone to relate to, someone who has also had to overcome/survive and explain their methods or what was helpful.



Peer support is so important because it helps to eliminate the fear of the unknown. It provides encouragement and hope to folks in a current weakened state. It can motivate folks to accept what has happened and get them moving down the road to recovery. It can help to put folks' situations into perspective and remind them to be thankful and that it can always be worse. As I said before, I feel obligated to do peer visits folks because it was done for me. I hope everyone who wants peer support would get the opportunity. This experience has a positive impact on the recovery process.

The Trauma Survivors Network

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