

July Trauma Survivors Network Newsletter

TSN MONTHLY NEWSLETTER

OUR APOLOGIES:

The Atrium
Health TSN July
Support Groups
are cancelled

WE HOPE YOU WILL
CONSIDER JOINING ONE
OF THE OTHER GREAT
GROUPS OFFERED BY OUR
PARTNERS THIS MONTH!
THEY ARE LISTED ON
PAGES 2 & 3

See you in August!

IN THIS ISSUE...

JULY TSN ATRIUM
GROUP CANCELLED

COMMUNITY
SUPPORT GROUP
INFORMATION

SURVIVOR AND
CAREGIVER
RESOURCES

VIRTUAL PEER VISITS

TSN SUPPORT GROUP
CONSENT
AGREEMENT



NEXTSTEPS ONLINE CLASS BEGINS JULY 6, 2022!

NextSteps is a free online program to help manage life after a serious injury. Engage in the weekly education modules and live chats with other trauma survivors. NextSteps can help explore the ways your life has changed after traumatic injury and how to move forward on your journey. This program can help you manage difficult emotions and find the courage to achieve your goals.

Two Steps to Register:

- 1) Sign up for free today at:
www.nextstepsonline.org
- 2) **After registration,**
check your e-mail to confirm



Spinal Cord Injury Peer Group

1st Wednesday of Each Month (Virtual Option Available)

Carolinas Rehab - Main
1100 Blythe Blvd
Charlotte, NC 28203
4:30-5:30 PM

For more info, contact: Sally
Rickard or Allie Wilder PT, DPT
Allison.wilder@atriumhealth.org
Sally.rickard@atriumhealth.org

RSVP to scipeers@atriumhealth.org

Virtual Support Group *for Trauma Survivors*

Wednesday, July 13th, 3-4:30pm EST

or

Wednesday, July 27th, 6:30-8pm EST

This Month's Topic:

"Finding Acceptance on Your Journey"

Virtual Support groups are free, 90 minute online groups to support survivors of physical injury.

Groups are co-led by TSN Trauma Professionals and TSN Peers.

Register at the link below:

<https://www.surveymonkey.com/r/85HWJ6C>

Questions? E-mail Katherine Joseph at kjoseph@amtrauma.org



Register here!





RESOURCES:



For more information and resources about limb loss, click [HERE](#). To find resources in your area, click [HERE](#).

For more information on upcoming Amputee Coalition support groups, please click [HERE](#).



For more information and resources about brain injury, click [HERE](#). To find your local Brain Injury Association Chapter, click [HERE](#).

For Charlotte Area Brain Injury Network support group information, contact **Sally Rickard** at Carolinas Rehab at sally.rickard@atriumhealth.org.



Living Well with Dr. John
Webinar

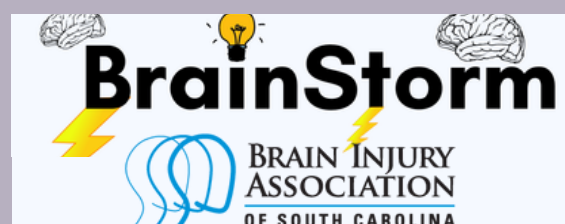
Topic: Adjustment to Spinal
Cord Injury

Tuesday, July 5, 2022 at 2PM

[Register for this webinar HERE](#)

For more information and resources about paralysis, click [HERE](#). To find resources in your area, click [HERE](#)

For more information on upcoming Christopher Reeve Foundation support groups, including caregiver and family support, please click [HERE](#).

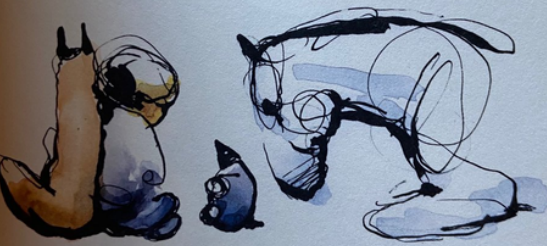


A support and advocacy group for young adults (ages 15-29) who have been impacted by brain injury. Download the informational PDF [HERE](#) for more info.

To join, contact Brain Injury Safety Net Coordinator, **Rachel Kaplan** at safetynetcoordinator@biaofsc.com.

Quote of the month

"What's your best discovery?" asked the mole.



"That I'm enough as I am," said the boy.

ATRIUM HEALTH TSN PROGRAM CONTACT INFORMATION

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PLEASE EMAIL CARLI OR ERIN TO UNSUBSCRIBE



WHAT IS A PEER VISIT?

Patients and family members can meet with a TSN trained volunteer who is a trauma survivor and/or family member of a trauma survivor. TSN peer visitors will share their experience, listen to your story and offer support on how to move forward after injury. Peer visitation is available while the patient is in the hospital and anytime after discharge.

To schedule a TSN peer visit, please contact Carli Wilson at 704-351-7882.

We would love your feedback! Please complete our 3-question survey by clicking this link: [TSN Newsletter Feedback Survey](#)

COVID-19 Information

[Atrium Health: What to Know](#)
[Centers for Disease Control](#)

COVID-19 Vaccine

[Frequently Asked Questions](#)

*NOTE: Click on links to access. Our Newsletter is best viewed using a computer. However, if reading our Newsletter on a smartphone or tablet, double tap the links to be directed to another website.





Trauma Survivors Network Virtual Support Group: Consent Information

The Trauma Survivors Network Virtual Support Group is a safe, supportive place for teen, young adult and adult survivors of physical injury and their support systems. Group is designed to build peer-to-peer networks, discuss recovery from injury, and develop coping skills.

To allow all group members to have best possible experience, please agree to abide by the following:

Group Guidelines:

- Please arrive to virtual group on time.
- Please remove outside distractions. Silence cell phones and electronics.
- Speak only from your own feelings and experience.
- Remember to share the floor, let all participants have a chance to speak.
- Respect is an integral part of each group. Please respect other's opinions, emotions, and experiences.

Confidentiality:

1. Members should not describe anything discussed in group with others outside of group. This includes details about other members; including their names, appearance, or any other related personal information.
2. The Trauma Survivors Network will make every attempt to respect all privacy and boundaries. The Trauma Survivors Network cannot guarantee strict confidentiality during Virtual Support Groups.
3. The Trauma Survivors Network will use a third-party video conferencing solution to facilitate the virtual support group meetings. By participating in the call, each member has reviewed and accepted the security of the facilitating platform.
4. Members are forbidden from recording group sessions in any way.
5. The group leader cannot reveal information about group participants without written permission except where disclosure is required by law: This includes:
 - a. Anyone who indicated they wish to harm themselves or others
 - b. If there are suspicions of abuse of a minor

Self-Care in Emergencies: If at any time you feel like harming yourself or injuring another, let the group leaders (and parent or caregiver) know and/or contact your individual therapist or psychiatrist. If you cannot reach your individual therapist or psychiatrist, call 911 or go to the nearest hospital emergency room.

The Trauma Survivors Virtual Support Group is not group therapy. Please let a group facilitator know if you need assistance finding a local counselor or mental health professional.