

Trauma Survivors Network



FOR MORE INFORMATION

TRAUMA SERVICES

Injury Prevention and Trauma Survivors Network
111 Colchester Ave
Smith 240
Burlington, VT 05401

HOURS

Monday – Friday
8:00 am – 4:30 pm

PHONE

(802) 847-2291

EMAIL

TraumaSurvivors@UVMHealth.org

WEBSITE

UVMHealth.org/TraumaSurvivorsNetwork

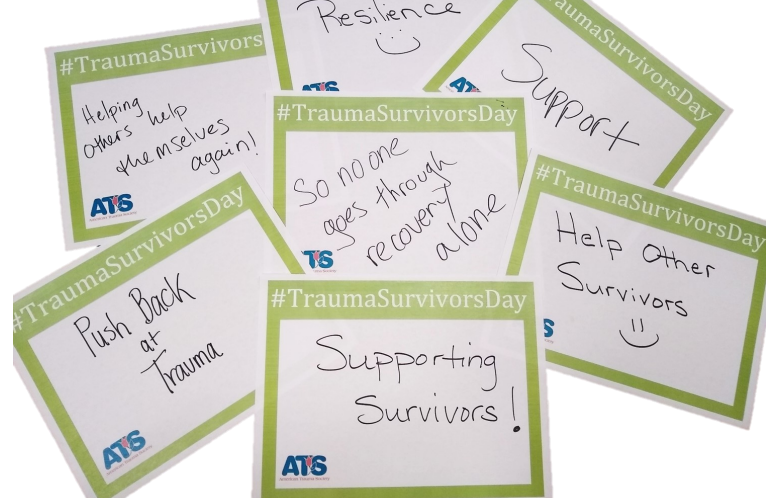
As Vermont's only level I Adult Trauma Center—and the first in the U.S. to be verified for both children (level II Pediatric) and adults—we want to ensure that you and your family have access to not only the most advanced trauma surgery and critical care available, but the support and resources to handle what comes next; Life after Trauma.

“Some people see scars, and it is wounding they remember. To me they are proof of the fact that there is healing.”
~Linda Hagan



UVMHealth.org/CancerCenter

THE
University of Vermont
MEDICAL CENTER



Trauma Survivor Network (TSN)

The TSN is a community of patients and families looking to connect with one another after a serious traumatic injury. Joining this community can help ease the anxiety and frustration often experienced following a sudden injury and the resulting hospitalization by connecting you with other trauma survivors and families who face the same unique challenges.

The University of Vermont Medical Center in partnership with the American Trauma Society (ATS), is committed to supporting and growing the TSN by providing the tools trauma patients and families need to navigate the road to recovery in an effort to help improve and rebuild their lives. We encourage you to explore our website to learn more about free programs, services and resources our hospital TSN has to offer.

Becoming part of the TSN is easy to do, just visit the TSN website at:
www.traumasurvivorsnetwork.org

ONLINE RESOURCES

The TSN website provides a place for trauma patients and their loved ones to connect with others and get the information they need to help rebuild their lives. Once you join the TSN and sign up with your trauma center, you have access to the following:

- An online community where trauma survivors and their families share experiences and information, as well as provide support and hope to one another
- The Patient and Family Handbook, which provides information about care at a trauma center and what to expect in the hours and days after an injury
- Access to Next Steps, a class designed to help survivors manage life after serious injury
- The Traumapedia, an online resource for information, where you can learn about trauma care and rehabilitation
- A link to CarePages, an easy to use resource to help you keep others informed about you or your loved one's injury, treatment and progress
- Information about other TSN programs and events available through the University of Vermont Medical Center Trauma Program



NEXTSTEPS™

The NextSteps program is based on the principles of self-management. This approach to health recognizes that you play the most important role in your recovery. This class is free and available from the comfort of your home. www.nextstepsonline.org

LIFE AFTER TRAUMA: CELEBRATING SURVIVORS

To honor trauma survivors, caregivers, and care providers, the University of Vermont Medical Center hosts Life After Trauma: Celebrating Survivors annually in May. It is a night to celebrate the recovery process and the lives of those who have survived trauma as well as their family, friends, and care providers who supported them every step of the way.

Survivors and family members share their stories at the event, and awards are given for Excellence in Trauma Care and Community Champions for Trauma.

