

THE
University of Vermont
MEDICAL CENTER

trauma survivors

network
provided by **ATS**

Traumatic Injury Survivors

What's new in May?

Virtual Support Group

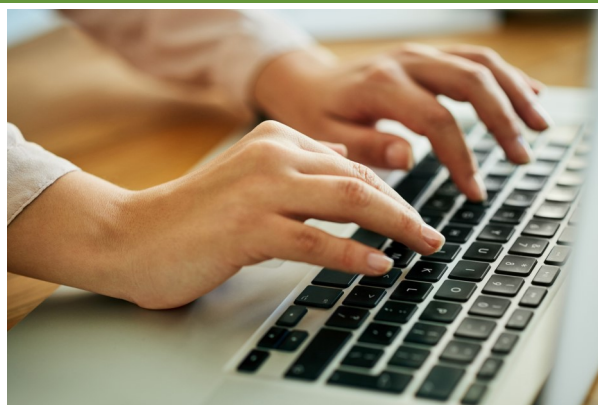
Wednesday, May 12th at 5:30pm ET

The National Trauma Survivors Network is offering online support groups. The groups are co-led by TSN trauma professionals and TSN peers. The virtual support groups are free and 90 minutes in length. Space is limited to 15 traumatic injury survivors.

Register online at

<https://www.surveymonkey.com/r/BW7KZPZ>

Questions? Contact Katherine Joseph at KJoseph@amtrauma.org



May is National Trauma Awareness Month

Join in the celebration!

- Attend *Life After Trauma: Celebrating Survivors* on Wednesday, May 19th at 6 pm. The highlights of this virtual event includes Survivors Stories, Award Ceremony for those who have gone above and beyond in the field of trauma, and more! Register to attend online at UVMHealth.org/TSN
- Virtual Photo Booth is available for the entire month of May! You can pose using a webcam or a phone camera. Check it out online: <https://boothpics.com/booth/168gmc>
- Print the [#TraumaSurvivorsDay](#) frame and write a note of hope and inspiration to other trauma survivors and their families! Take a picture holding your sign and post it to Facebook, Twitter, Instagram, or TikTok using the hashtags #TraumaSurvivorsDay or #NTSD. You can also e-mail the pictures to TraumaSurvivors@UVMHealth.org!
- Join the Race to Rebuild! This virtual 10K/5K/1 mile walk/run/cycle/rollevent is to recognize the daily obstacles and challenges trauma survivors face every day. The race can be done anywhere and anytime between May 1 and May 31. While the race is an individual race, you can join the UVMHC team and walk/run/cycle/roll with your friends and family members. To register for the event, visit <https://runsignup.com/Race/VA/VIRTUAL/NationalTraumaSurvivorsDayVirtual1MileRunWalk>

NextSteps Online Registration Open

Starting May 12th, Live Chat May 18th

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

Register online at www.nextstepsonline.org

Date	Topic	Live Chat
May 12 - 18	Lessons 1 & 2: Taking Stock Explore where you are on the Road to Recovery, learn more about self-management, and begin to practice self-management tools.	May 18 at 7:00 pm ET
May 19 - 25	Lessons 3 & 4: Moving Forward Identify problems related to your injury, set goals, and begin to use problem-solving to find solutions.	May 25 at 7:00 pm ET
May 26 - June 1	Lessons 5 & 6: Managing Emotions I Learn about emotional adjustment, including myths and common reactions following a traumatic injury and begin to use tools to improve your mood.	June 1 at 7:00 pm ET
June 2 - 8	Lessons 7 & 8: Managing Emotions II Learn to identify, reduce, and break the cycle of anxiety by confronting negative thinking and using relaxation.	June 8 at 7:00 pm ET
June 9 - 15	Lessons 9 & 10: Friends and Family Begin to get the help you need from family and friends by learning the signs of a healthy relationship, getting the most of your support system and recognizing helpful and unhelpful "help".	June 15 at 7:00 pm ET
June 16 - 22	Lesson 11 & 12: Looking Ahead Learn how to overcome setbacks that may arise in your recovery. Take time to reflect on the future and celebrate the progress you've made.	June 22 at 7:00 pm ET



Share your Story

Survivor Spotlights Wanted

Are you interested in sharing your story as a traumatic injury survivor or as the family member of a survivor? We are looking for individuals to volunteer to be spotlighted in our future newsletters. We want you to share your experience with life after trauma and the path to recovery.

Survivor spotlights can help survivors and families feel connected and not alone in recovery. Additionally, sharing your story offers you the opportunity to reflect on everything you have done and the people who were there for you since your traumatic injury.

Survivor Spotlights can be self-written or our staff will interview you for the article. Besides the article, your picture will be included on the front page of the newsletter!

Contact TraumaSurvivors@UVMHealth.org or call 802-847-2291.