

THE  
University of Vermont  
MEDICAL CENTER

trauma survivors  
**network**  
provided by **ATS**

# SURVIVOR NEWS

Newsletter for Resilience and Rebuilding

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## APRILSHOWERS BRING MAY FLOWERS



## New Support Group: Vermont Active Amputees

By Sue Shaffer, PhD, LCMHC

I became an amputee in September 2018 after being struck by a bus while I was walking in a crosswalk. Prior to that I was very active. I enjoyed camping, backpacking, playing tennis, jogging, biking, swimming, alpine skiing, snowshoeing - you name it I would try it. I wasn't a competitive athlete and often wished I was more fit but I wasn't held back by sore muscles or any inability to keep up. Since my amputation I have received emotional support, and found through the Amputee Coalition, social media, and my prosthetist a great deal of practical information but what I am missing is a community of folks with shared experience to chat with, try new activities with, and be connected to. With the aid of the Amputee Coalition I have decided to start a local support group to meet monthly so that we can come together to share our experiences, plan activities - maybe an ultimate Frisbee team? Nordic ski trip? - or just offer mutual support. We meet the first Wednesday of the month in South Burlington from 5:30 to 6:30 pm.

If you are interested in joining, e-mail VTActiveAmputees@Gmail.com for more information and the location. You can also call Sue at 802-582-6750.

### Vermont Active Amputees

New support group open to all amputees for connection, community, and support.



Meets first Wednesday of the month in South Burlington  
5:30-6:30 pm.

Email  
vtactiveamputees@gmail.com  
for info and location.  
Or call Sue @ 802-582-6750.

## Therapy: Is it for me?

Matthew Hogan LICSW

There is a common belief that mental health services are only for those with serious issues. There is a lot of stigma around seeking mental health services; words like “crazy”, “looney”, and “unstable”. The phrase alone can conjure images of Randle McMurphy (Jack Nicholson) sitting in group therapy with nurse Ratched.

The reality is millions of people in the United States are affected by mental health issues each year.



National Alliance on Mental Illness reports that:

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the second leading cause of death among people aged 10-14

If you are wondering if you could benefit from mental health services, here are a few tips.

### Rock and a Hard place:

Are you at a cross road? Do you feel like you are unable to move forward? Going to therapy can help those of us who are seeking another perspective of someone who will listen and provide helpful tools for living a full life.

### Relationships:

Mental Health and relationships are closely linked. Therapy can improve the relationship with your family, your partner, or yourself.

### Feelings:

It is human nature to have emotions. Sometimes it is joy and happiness, but sometimes we feel overwhelmed, angry or sad. It is these more challenging emotions that can become intrusive. Maybe you are working through the loss of a loved one, or a personal trauma of your own. A Therapist may help process through the complexity of your experience.

### Can you hear me now?:

Sometimes life is just too chaotic, too complex. We often find ourselves questioning: does anyone listen? How do you bring up something that has been on your mind with family or loved one? Therapy is an excellent space to explore, improve and rehearse your communication skills.

If you feel you may benefit from Mental Health Services, I encourage you to reach out and make an appointment with your Primary Care Office. If you are wanting a more private path go to “find a therapist” at [www.Psychologytoday.com](http://www.Psychologytoday.com).

If you or someone you know is thinking about suicide, dial [988](tel:988) for the [988 Suicide and Crisis Lifeline](http://www.988lifeline.org) or text VT to [741741](tel:741741) for the [Crisis Text Line](http://www.crisistextline.com). Trained counselors are available 24/7.



## Trauma Survivor Network's Race to Rebuild

Race to Rebuild is a virtual walk/run/cycle/roll distance of your choice event that anyone can join in support of trauma survivors and the incredible challenges they face every day. Race to Rebuild is a virtual race that anyone anywhere can join in support of friends, family and others who challenge themselves daily to adapt to their "new normal". You can choose any day during the month of May to complete your walk/run/cycle/roll.

Registration is \$40 per person and includes a Race to Rebuild t-shirt, a custom Race Day Bib, and other fun TSN Swag

Trauma Survivors: Please use promo code: SURVIVOR2023 for 50% off registration.

This event benefits the programs and services provided by the American Trauma Society and Trauma Survivors Network which dedicates their mission to Save Lives, Improve Care and Empower Survivors. When you [register online](#) be sure to pick University of Vermont Medical Center for your team!

## Brain Injury Alliance of Vermont 21st Annual Walk and Roll

**Joy Mortelleti, Education and Outreach Coordinator for BIAVT**

Over 10,000 Vermonters live with the daily challenges associated with brain injury. With another brain injury occurring every 23 seconds, this public health concern ranks as the leading cause of death and disability in children and young adults. For those who survive and their families, brain injury can be life altering, with serious, life-long impairments often resulting.

- Annually, TBI causes over 3,500 emergency room visits in Vermont, with 450 people requiring hospitalization.
- 20% of young athletes in contact sports (like Hockey & football) suffer a concussion each season.
- 1 in 5 military veterans returning from Iraq and Afghanistan have been exposed to blast injuries. It was estimated that at least 300 of our returning 1,500 Guard members in late 2010 have sustained at least mild TBI.
- 70% of individuals are discharged to home with little or no support

Help BIAVT celebrate 21 years of advocacy by joining us on **Saturday, May 6<sup>th</sup>, 2023**, for the Annual Walk and Roll for Brain Injury taking place at Veterans Memorial Park in South Burlington. The Walk & Roll for Brain Injury is a fun way to join thousands across the nation in making a difference. This year we will be walking the Veterans Memorial Pathway of Honor around the park. After our walk, we will celebrate with refreshments and enjoy the camaraderie of our amazing community.

**Walk & Roll**  
- FOR -  
**BRAIN INJURY**

Hosted By **Brain Injury Alliance**  
VERMONT

**ACCEPT THE CHALLENGE!**  
Join BIAVT for the  
21st Annual  
Walk and Roll  
For Brain Injury

- WHEN: Saturday May 6th, 2023
- WHERE: Veterans Memorial Park  
South Burlington VT
- TIME: 10 am - 2pm

To Register  
Call 802-244-6850  
or visit  
<https://give.classy.org/biavtwalk2023>



## Upcoming Events

### Self-Care Workshop Series

The Trauma Survivors Network along with the Osher Center for Integrative Health is hosting a Self-Care Workshop series! These monthly 1-hour workshops are completely free for traumatic injury survivors and 1 support person, family member, or friend.

Be sure to register! <https://forms.microsoft.com/r/D0sasmCPzX>



THE UNIVERSITY OF VERMONT  
**OSHER CENTER**  
FOR INTEGRATIVE HEALTH

### FINDING RHYTHM IN RESILIENCY, THE ROLE OF MUSIC AND MUSIC THERAPY

Maggie Connors MT-BC Maple Tree Music Therapy, LLC

- Tuesday, April 11 at 6 pm (Hybrid)

### INTRO TO REIKI A HEALING ENERGY MODALITY

Laurel Audy, Reiki Practitioner

- Tuesday, May 9 at 6 pm

Thank you to the American Trauma Society and the National Trauma Survivor Network program for providing the funding to allow us to host this Self-Care workshop series.



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survive. connect. rebuild.

### Life After Trauma: Celebrating Survivors

The Fourth Annual Life after Trauma: Celebrating Survivors will be hosted on Wednesday, May 17th at 6 pm. The event will be hybrid so you can join us via Zoom or attend in person at the Davis Auditorium at the University of Vermont Medical Center. Light refreshments and a photo booth! Register today and let us know if you plan to attend virtually or In-person.

Additionally, be sure to nominate someone to receive the Excellence in Trauma Care Award or the Community Champion for Trauma Award that will be presented during Life After Trauma: Celebrating Survivors. Nominations are due by Friday, April 21st. Remember, the people you nominate do not have to be associated with the University of Vermont Medical Center!

<https://forms.microsoft.com/r/E9evPVTE19>



### SURVIVOR NEWS NEWSLETTER FOR RESILIENCE AND REBUILDING

Survivor News is produced quarterly

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**May is National Trauma Awareness Month**, hosted by the American Trauma Society and the Society of Trauma Nurses. It was first recognized in 1988 by Ronald Reagan as a way to increase the awareness of traumatic injuries and prevention activities. Celebrate by taking a picture of you, your family, or your friends holding a #TraumaSurvivorsDay Sign (page 5) and post it on social media with the same hashtag or with the hashtag #NTSD! Posting a message of hope, support, or inspiration can aid those struggling through the recovery process.

## Other Resources

Have you joined our Facebook support group? We are working to build an online community of traumatic injury survivors where you can talk, ask questions, and find support and friendship. No matter where you were treated for your injury, you are welcome to join the group! Join by scanning the QR Code.



The UVM Medical Center TSN Family and Friends Facebook support group is now live! This private Facebook group is a place for family and friends of survivors to connect with other individuals and find support and community. You can join by scanning the QR code!





#TraumaSurvivorsDay



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