NextSteps™ is a 6-week class that helps survivors manage life after serious injury by building on their strengths and developing new coping skills. Classes focus on managing medical issues, anxiety and depression, as well as returning to life activities. The course can help you understand the ways your life has changed, deal with uncertainty, and move forward.

NextSteps recognizes that YOU play the most important role in your recovery. The course will help you take control of your situation and become more active in your recovery. You can be a part of the NextSteps program by attending in-person classes or doing the classes online.

The NextSteps program includes:

- Becoming part of a class with other trauma survivors
- Completing six weeks of classes: two, 20-30 minute lessons each week
- Participating in a weekly online chat led by a trained leader, and interact with other survivors

The NextSteps program will:

- Teach effective problem solving
- Provide a way to learn and practice skills to improve your health
- Help set goals and track your progress
- Build confidence in managing health problems after traumatic injury

For more information, please go to www.nextstepsonline.org.

TSN Website
www.traumasurvivorsnetwork.org

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 NextSteps™ online, 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 which may be available through your trauma center

To learn more about TSN or to enroll in its program, please contact the Inova Trauma Center TSN Coordinators:

Brenda Lynne, MSW, ACSW
703-776-6372 or Brenda.Lynne@inova.org

Melissa Porrey, MA, NCC
703-776-4930 or Melissa.Porrey@inova.org
Community Presentations
Trauma survivors provide patient focused training to healthcare professionals; which enhances understanding of the trauma experience and increases the ability to address the emotional needs of trauma patients. TSN members engage with their audiences, giving the healthcare professional and trauma survivors an opportunity to learn from one another.

Workshops & Special Events
TSN staff at the Inova Trauma Center offer educational workshops and other special events throughout the year. These gatherings are geared toward educating healthcare workers and promoting recovery from trauma.

Education & Support
After traumatic injury, patients and families often need more than medical care. They may need to talk with others who understand what they are going through and who have connections to resources they have yet to explore. Some of the physical, emotional, social and financial issues following trauma cannot be anticipated; TSN helps prepare for these eventualities.

Group meetings are facilitated by TSN coordinators specializing in trauma. Other professionals are also invited to speak, lead discussions and provide education related to trauma and recovery. The meetings are open to patients, family members, friends and caregivers. Through these gatherings, participants share resources and provide mutual support. Participation and Parking are free. Please see our offerings to the right and contact us at 703-776-6372 for details.

While We Wait...
We get together weekly with friends and families of patients who are in the hospital and offer resources and support.
Mondays and/or Wednesdays

Roadmap to Recovery
Support will be available to survivors at the Trauma Outpatient Clinic for guidance on the next steps to recovery.

Trauma Talk
A chance to share your story, Q&As with experts and opportunities to give back.
1st Thursday, 7—8:30 pm

Caregiver Connection
2nd Thursday, 7—8:30 pm

Drawn Together
An Art Therapy group for Trauma Survivors.

Momentum
Social support for Young Adult Survivors.

Traumatic Brain Injury (TBI) Group
4th Friday, 12—1:30 pm Inova Fairfax
1st Tuesday, 12—1:30 pm Inova Loudoun

Yoga
For survivors, caregivers, family and friends. All levels of health are welcome.
Monthly class, please contact us for dates.

We partner with other organizations to provide support for pediatric TBI families. Please call 703-776-6372 for more information on this or the following developing groups:

Limb Loss Group
Spinal Cord Injured (SCI) Group

*Please be advised that times and locations may change.