

National Trauma Survivors Day 2022 Toolkit



When is NTSD?	May 18,2022
What is NTSD?	A day to celebrate survivors of traumatic injury
How To Get Involved:	We invite trauma centers, survivors and their communities to celebrate the strength and determination of trauma survivors. There are many different ways to participate.

We are very excited to get Trauma Centers worldwide involved in NTSD. It is a wonderful way to celebrate survivors, their family members/friends and the health care trauma teams.

NTSD is a day we come together and honor the strength, courage and hope that those impacted by trauma show every day in the healing process.

In this toolkit, we will provide some ideas of how you can celebrate at your Trauma Center!

Here we have listed some ideas and details on each event. Be creative. Adapt this to your time and budget. Even a small act of kindness or appreciation can bring about great results.



Social Media

Individuals or groups can use Instagram, Twitter or Facebook to tell their story or celebrate a survivor. On May 18th: print out this [sign](#), write your message, take a selfie and upload it to any of the social media sites with **#TraumaSurvivorsDay** and **#NTSD**. You can also email your picture to the ATS. admin@traumasurvivorsnetwork.org

This is an easy way for survivors, families, and trauma teams to participate on their own, or as a group. Some hospitals have social media accounts and may be very interested in partnering with you for this activity. It is important to include your Communication/PR department in this activity if you are taking pictures on site. They will have the photo release forms necessary for taking and posting pictures. They can advise you on any other privacy concerns.



Participate in Race to Rebuild

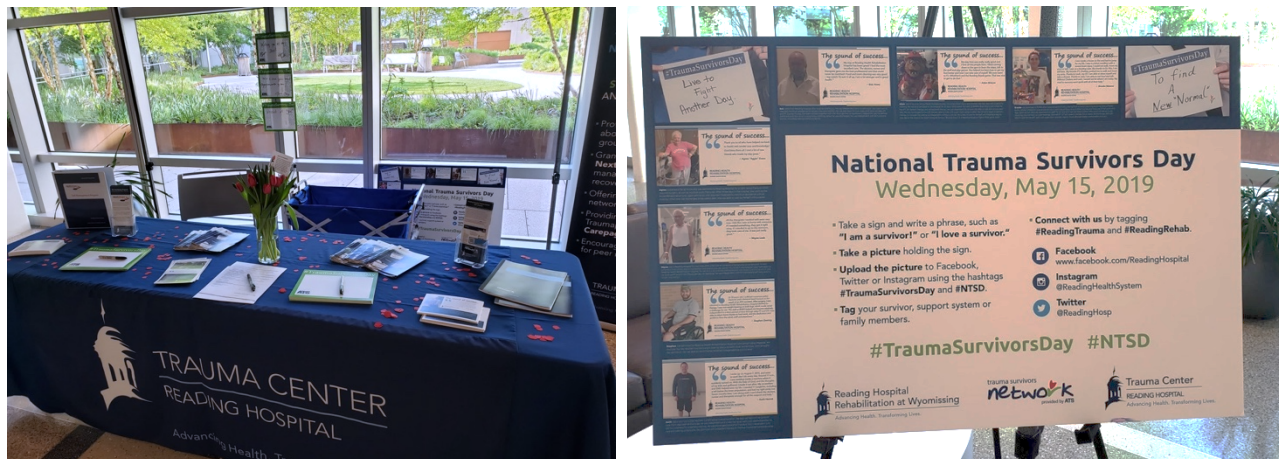
Race to Rebuild is a virtual 5K/1 Mile Walk/Run/Cycle/Roll event that anyone can take part in anywhere and anytime between May 1st and May 31st. All participants will receive a Race to Rebuild t-shirt and other TSN swag. To learn more, visit <https://www.traumasurvivorsnetwork.org/pages/2022-race-to-rebuild-a-virtual-5k-1-mile-walk-run-cycle-roll-event>.



Gather a team within your hospital and in your community. Set a date and time for individuals to meet and complete a 5K or 1 mile walk/run/cycle/roll. Map out the distance at a local park or even on your trauma center campus. Encourage participants to wear their Race to Rebuild swag and invite your Communication/PR department in this activity if you are taking pictures on site.

Spread the Word

Setting up a TSN information table is an easy way to spread the word about National Trauma Survivors Day and inform staff and visitors of the TSN program. Work with your hospital administration team to receive approval to set up a “health fair” style table. Set up in an area with high traffic such as near the main entrance or cafeteria. You can have flyers and pamphlets for the TSN laid out for people to pick up. Set up a fun backdrop that people can participate in the social media campaign and take pictures at your booth with the NTSD sign. Add some TSN swag such as pens, candy, hand sanitizers, etc. with the TSN and your hospital’s logo. Most importantly, reach out to some survivors and family members and see if they are available to spend time at the table so that visitors can have face to face interaction with people who have first-hand experience with the benefits of the TSN program. This is an easy way to promote the TSN program especially at sites who are newly starting the program.



Survivor Reunion, Reception, Picnic, or Ice Cream Social

Survivor Reunions, Reception, Picnics, or Socials give your Trauma Center an opportunity to bring your local survivors and trauma teams together for support and celebration. Create a flyer inviting survivors, their family/friends, and trauma teammates to your event. It can be a simple drop-in or can be more formal. It’s up to you and your team. Just mail or e-mail your flyer invitations to several discharged trauma patients who are in your local area. Ask your volunteer services if they can help provide volunteers to help prepare the mailing. Take flyers to the Rehabilitation Center or Outpatient Trauma Clinics where trauma patients return for ongoing follow-up appointments. Ask TSN Peer Visitors or even trauma teammates to help volunteer with set up, clean up, etc.

This can be an inexpensive way to celebrate together. Have fun! Bring some balloons. Make it a party. Invite your Trauma Center's pet therapy to come. If you already have an established Survivors Group, everyone can bring a dish to pass and you can invite new survivors to attend. This can be in place of a current support group meeting or in addition to the group meeting. You may want to partner with other organizations such as brain injury, spinal cord injury, or amputee groups and celebrate together.

Whether big or small, this event will need prior planning and we recommend partnering with your PR/Media department. They should have experience marketing these kinds of events at your Trauma Center. A more formal reception could include 1 or 2 survivors who retell their stories. Both survivors and specific care team members could receive recognition awards. It is a wonderful way to celebrate the work of both the healthcare professionals and the hard work the survivors put into their own recovery.



Peer Mentor Recognition Lunch or Dinner

Recognizing the commitment and time of survivors who volunteer as TSN Peer Visitors is important. One way to show your thanks is by inviting TSN Peer Visitors to a special lunch or dinner. This event will have some costs associated. You may want to hold this at the hospital with catering or you may want to reserve a meeting room in a local restaurant. Ask a respected surgeon to come share as a special speaker. Invite trauma nurses and surgeons to attend. Take a special group picture of your TSN Peer Visitor team. Create an award or certificate to honor each Peer Visitor individually. It is a time to recognize the countless hours of volunteering that Peer Visitors gave over the past year. The heart of the TSN is truly the dedicated survivors and family members who share their stories and help connect with others in need.



Survivors Giving Back

Survivors often love the opportunity to “pay it forward” or to say “thanks” to their trauma teams who gave them life- saving care. This is a wonderful and informal way to make that happen. Organize a snack donation drive to create baskets of goodies for the trauma staff members. Identify the number of floors, units, or departments that you are interested in thanking. This would be a great group activity to do during a TSN Survivors Group! Working with your survivors, put the baskets together and create a sign or card that your survivors could all sign for each trauma unit or trauma team. Come help your survivors deliver the baskets and cards/signs to the trauma floors. This can be done on a small budget and with little lead time.



Trying to Grow your Program?

- ❖ **Launch Peer Visitation:** Include a peer visitor drive at your event to connect with survivors who are interested in becoming TSN Peer Visitors.
- ❖ **Launch a Survivors Group:** Spread the good news of your first support group meeting. Make a flyer to hand out at your event. Invite survivors to join in the new TSN Survivors Group.
- ❖ **Build Support for your TSN program:** Use this campaign to create awareness and support within your trauma center for these new TSN program initiatives.