

# Peer Trauma Survivorship Support Group Implementation Framework

This framework was developed in consultation with the Ontario Trauma Advisory Committee and by leveraging Unity Health Toronto's Trauma Survivors' Network, *My BeST: Beyond Surviving to Thriving*. The framework identifies key components to establish, implement, and maintain a peer trauma survivorship support group at your Lead Trauma Hospital.

## PART 1

Community & Organizational Readiness



**Assess and plan your program, obtain stakeholder buy-in, form a steering committee and secure resources**

### Information Gathering

- Compile a list of resources that already exists in the community
- Speak with clinics about trauma patient needs and interests

### Identify a Peer Support Team Leader

- Appoint a coordinator who will have ongoing program responsibility
  - ◆ *Suggestion: Co-Leadership model (1 Staff, 1 Trauma Survivor)*

### Obtain Stakeholder Buy-In

- Ensure endorsement from senior leadership
- Meet and engage with the interdisciplinary team
- Approvals: Identify what approvals are required and who provides them

### Find a Location and Space

- Source an accessible and feasible area where meetings can regularly take place
  - ◆ *Suggestion: An area that enables circular seating*
- Source a platform and assess feasibility to host meetings virtually

### Establish a Steering Committee

- Select individuals who will be part of a Steering Committee
- Draft a Terms of Reference

### Determine Staffing Requirements

- Determine who will be participating and contributing at each of the sessions
- Identify the skill set your staff will need to help facilitate and plan these sessions

## PART 2

Program Development



**Planning peer support meeting materials, scheduling meetings, recruiting and training staff and volunteers**

### Create a Project Plan

- Select the patient population focus (e.g. ABI, multi-system, spinal cord)
- Establish a clear vision
  - ◆ *Suggestion: Ensure this is complete before going public; this will enable clear framing of communications*
- Develop a project plan (including aims, the timeframe and resources needed, monitoring process)
- Establish the duration, frequency, and location of meetings
- Create a schedule for programming

### Recruit and Train Your Peer Support Team

- Recruit volunteers to manage and facilitate the program
- Train staff to facilitate sessions
  - ◆ *Suggestion: Shadow other peer support group facilitators and/or have them observe while you facilitate to provide feedback*

### Develop Meeting Material and Content

- Compile education materials and develop program curriculum
- Establish meeting formats
  - ◆ *Suggestion: A combination of open discussion and educational speakers*
- Identify relevant guest lecturers
  - ◆ *Suggestion: Keep presentations short (10-15 min) and allot remainder of the time for patient and family discussion*

## PART 3

### Program marketing and promotion, patient and family participant recruitment and program launch

#### Program Implementation



#### Create a Marketing and Promotion Plan for Recruiting Trauma Survivor Participants

- Develop a protocol for patient eligibility
- Establish a registration process
- Develop a marketing and promotional plan
- Develop a referral network with clinics

#### Launch the Program

- Pilot the program
- Fully launch the program

- ♦ *Suggestion: start with pre-determined topics and move towards topics guided by survivors as the support group progresses*

#### Operationalize the Program

- Periodic monitoring for engagement and group needs through surveys
- Conduct regular outreach with clinics, interdisciplinary partners and community
- Maintain your peer support team

If you have any questions, please contact [Info@ccso.ca](mailto:Info@ccso.ca).

Resources:

- American Trauma Society. (2008). *The Trauma Survivors Network: Implementation Guidebook*.
- [Unity Health: My BeST: Trauma Survivors' Network](#)

## PART 4

### Documenting the process, developing an evaluation framework and tools to assess outcomes and impact

#### Evaluation



#### Evaluate the Program

- Develop a program logic model or theory of change
- Identify indicators to assess for outcomes and impact
- Survey and/or interview survivor participants
- Survey and/or interview interdisciplinary team

#### Report Back on the Findings of the Program Evaluation

- Identify key findings from the evaluation
- Determine recommendations to improve/enhance the program
- Share findings and next steps with key stakeholders to maintain engagement and momentum

## PART 5

### Managing obstacles, addressing safety concerns and mitigating risks

#### Limits, Risks, Safety Considerations



#### Considerations

- Assess feasibility of in-person meetings
  - Meeting space availability
  - Mobility restrictions of meeting space
- Assess feasibility of virtual meetings and virtual platform
  - Ease of use
  - Ground rules to guide flow of the virtual discussion
  - Virtual platform security
- Privacy and confidentiality
- Safety and accessibility
- Identify support group inclusion and exclusion criteria
- Availability of marketing funds
- Ratio of desired patient participation and family participation
- Education speakers
  - Will the speaker be selling a product? Identify any conflicts
  - Consider relevance of topic to the interests and needs of the group