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*Lifting the spirit of those
who are sick and lonely*

2nd Trauma Program Announced

“The 2nd Trauma Program is so important because... it teaches us the skills we need to communicate to the family members and loved ones of trauma victims effectively and sensitively, with dignity and respect.”

Rear Admiral Kenneth Moritsugu, MD, MPH
United States Deputy Surgeon General

Thanks to the Adventures in Caring Foundation’s collaboration with the American Trauma Society and Santa Barbara Cottage Hospital, Santa Barbara will be the first community in the nation to implement the *2nd Trauma Program: The Art of Communicating with Families of Trauma Victims*. The program was developed over five years by a team of the nation’s leading trauma experts, and the first pilot phase of the program will be conducted by Karen and Simon Fox at Cottage Hospital’s Level II Trauma Unit.

Each year, in our nation’s trauma centers and hospital emergency departments, more than 4 million family members receive news of a sudden, unexpected and violent death or traumatic injury of their child, spouse, parent or loved one. This is what is meant by “2nd Trauma” – the catastrophic, emotional distress experienced by the trauma victim’s family. The first trauma is to the patient – the second trauma is to the family of the patient.

Many families of trauma victims fall apart through divorce, depression, drug and alcohol abuse, neglect of surviving children, or suicide. However, when family members get the help and compassion they need during the traumatic event, they cope better with their own reactions, and they can begin to grieve—and to plan—in a more constructive manner.

As original members of the national advisory group that guided the 2nd Trauma Program’s initial steps, Karen and Simon were asked to design and conduct the pilot phases. Their 20 plus years of experience in teaching compassion will be a key contribution to a program that brings hope, help and comfort to families in the most heartbreaking hours of their lives.

www.AdventuresInCaring.org