

CONCLUSION

THE CREATION OF A TEEN SUPPORT GROUP HAS SHOWN TO BE A SUSTAINABLE METHOD TO SUPPORT BURN SURVIVORS AND PROVIDE AN OPPORTUNITY FOR PSYCHOSOCIAL RECOVERY.

SIGNIFICANCE STATEMENT

We identified a need to provide a separate teen burn survivor support group to optimize engagement and to address specific age appropriate discussions.

RESULTS

“Support group has affected my life by helping me stay positive.”



“Support group gives me a chance to be open about how I feel about my burns. It’s not always positive, but it is positive to talk about it.”



“I enjoy having other burn survivors around me that don’t judge me.”



Teen Participant Survey

What reasons do you have for attending support group? Please check mark the **three** answers that are most important to you.

To talk about my feelings about having been burned	
To meet other teens who have survived burns or have scars	
To learn about how others cope with being a burn survivor	
To talk about my problems at home or in the community	
To learn new ways to cope with challenges I face at home or in the community	
To learn new ways to express myself and how I feel	

Using a scale of 5 to 1 (5=strongly agree and 1=strongly disagree), please circle your opinion about the following:

	5=Strongly Agree	4	3=Neutral	2	1=Strongly Disagree
Overall, I would rate my experience in the teen support group as positive	5	4	3	2	1
I learned about myself as a burn survivor	5	4	3	2	1
From the group session activities, I feel more connected to the other participants	5	4	3	2	1
Participating in a peer support group is very important to me	5	4	3	2	1
I feel accepted by the other group members	5	4	3	2	1
My perspective on my recovery has changed for the positive	5	4	3	2	1
I would recommend the teen support group to other teen burn survivors	5	4	3	2	1

What specific aspects of the support group have you enjoyed/ found beneficial?

Describe how the support group has affected your life/ recovery (does the support group make a difference?).

Have you applied what you’ve learned in group to situations/ experiences in your life? If so, what have you applied and how?

What parts of support group did you not enjoy/ find helpful?

What suggestions do you have for future group activities or topics?

DATA SOURCE/POPULATION

- 3 female burn survivors ages 14-17.
- Monthly meetings since Feb 2018.
- Participants surveyed after 15 months.
- Curriculum content and activities were focused around topics of identity, body image, peer relationships, social situations, and what it means to be a burn survivor.

LESSONS LEARNED

- Teen burn survivors valued in-person connections with other burn survivors.
- Intentional curriculum facilitated self-exploration, learning of new coping skills, and changed outlook on recovery.
- Off site events helped facilitate strong connections between family members.