

## Burn Support Resources

Emotional and social challenges for burn patients and/or their loved ones can happen at any point after a burn injury. Our burn center offers many options for support.

### Peer Support at UW Health

The UW Health Burn Center has an active Survivors Offering Assistance in Recovery (SOAR) program. SOAR is a peer support program that connects you with a burn survivor and/or a family member.

SOAR helps people cope and adjust through the exchange of shared experiences. Some topics are best discussed with someone who has been through it before. Topics might include:

- Social comfort
- Relationships
- Intimacy and sexuality
- Reentering society
- Quality of life

SOAR is an option for University Hospital and UW Health Burn Clinic patients and their loved ones. SOAR will help match you with a peer support volunteer. If you want to speak with a SOAR coordinator, contact [lmickelson@uwhealth.org](mailto:lmickelson@uwhealth.org)

### Phone/Internet Access

If you do not have access to phone or internet, go to any fire station in the state of Wisconsin to gain free access.

Many of the resources we suggest are from The Phoenix Society, the leading national nonprofit organization dedicated to empowering people affected by a burn injury. The organization offers resources to connect survivors and professionals to support and training for transformational healing.

### Phoenix Society

[Phoenix Society for Burn Survivors \(phoenix-society.org\)](https://www.phoenix-society.org)

### Highlighted Phoenix Society Resources

Beyond Surviving: Tools for Social Empowerment

<https://www.phoenix-society.org/resources/getting-back-out-there>

Tools for Redeveloping Social Skills as a Burn Survivor

<https://phoenix-society.org/resources/tools-for-redeveloping-social-skills-as-a-burn-survivor>

Active Virtual Support Groups-Schedule

<https://www.phoenix-society.org/community-calendar>

Becoming Greater Than Before

<https://www.phoenix-society.org/resources/becoming-greater-than-before>

Sara's Steps, A Book for Children

<https://resources.phoenix-society.org/saras-steps-e-book>

## **Other Resources**

The UW Health Burn Center website, After care support for patients and family

[Burn Center patient and caregiver resources for aftercare | Treatments | Patients & Families | UW Health](#)

What Now? Booklet

<https://www.aarbf.org/get-support/what-now/>

Understanding and Improving Body Image

[https://uwmsktc.washington.edu/sites/uwmsktc/files/files/Burn\\_bodyimage.pdf](https://uwmsktc.washington.edu/sites/uwmsktc/files/files/Burn_bodyimage.pdf)

Support programs offered by the Professional Fire Fighters of Wisconsin Charitable Foundation

<https://pffwcf.org/burnsurvivorsupport/>

Model Systems Knowledge Translation Center (MSKTC) Factsheets

<https://msktc.org/BURN>

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2024. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8179