
BSTTW TEEN NEWS

Volume 3 Issue 1

January 2003

BSTTW OPENING DOORS

Volunteering For **BSTTW**

By: Michael Appleman, CEO

Together we can help each other. Without the support of burn survivors, family members and the public, **BSTTW** will not be able to do all the work expected. We must reach out and help each other.

So many teen burn survivors, their parents, brothers and sisters are suffering. They are new to the burn survivor community. Remember back to when you first became a burn survivor. Did you and your family members need help? Did you find out about the burn survivor community and its resources? If yes, how?

I understand you are very busy with school, learning and enjoying life, friendships and working through your own rehabilitation. Can you, family members and/or friends offer two to four hours a month to **BSTTW**? If yes, what type of work would you be willing to volunteer for?

Think about and talk to your family and friends about volunteering with **BSTTW**. Ask us any questions you might have through email or set up a private chat. You can reach **BSTTW** at 941-364-8457 or email us at volunteers@burnsurvivorsttw.org
WE NEED YOU!!!

Suicide - Not a Good Idea

By: Mary Ellen Copeland, MS, MA



Experiencing psychiatric symptoms is horrible. Many people who try and live with these symptoms every day sometimes feel so discouraged they want to end their lives.

Suicide is never a good idea. Why not?

1. A. Psychiatric symptoms get better. Sometimes they get better even if you don't do anything about them. But there are many things you can do to help relieve these symptoms. To feel a little better right now, try the following:

B. Tell someone how you feel-- someone you like and trust. Talk to them until you feel better. Then listen to them while they tell you what is going on in their life.

CONTINUED Page 2 "SUICIDE"

A FAMILY AROUND THE WORLD

Inside This Issue

- | | |
|----------|--|
| 1 | I Was A Burned Teenager! |
| 2 | Together |
| 3 | Bonding After A Traumatic Event |
-

Continued from Page 1 "SUICIDE"

C. Do something you really enjoy--something you love to do--like go for a walk, read a good book, play with your pet, draw a picture or sing a song.

D. Get some exercise--any kind of movement will help you feel better. It doesn't have to be strenuous.

E. Eat something healthy like a salad, some fruit, a tuna fish sandwich or a baked potato.

F. Develop and use a symptom monitoring and response plan (Wellness Recovery Action Plan) to help yourself get well and stay well.

2. When you feel better, you will have many wonderful experiences--warm spring days, snowy winter days, laughs with friends, playing with children, good movies, tasty food, great music, seeing, hearing, feeling. You will miss all these things, and many more, if you are not alive.

3. Your family members and friends will be devastated if you end your life. They will never get over it. They will think about it and miss you every day for the rest of their lives. If you have a box of family photographs, choose some photos of the people you love and display them around your house to remind yourself that you never want to hurt these people.

When symptoms are very severe, you may have a hard time making good decisions for yourself. To make it hard to make a bad decision, like ending your life, make suicide hard for yourself by taking these preventive actions.

A. Get rid of all the old pills and any firearms you might have around your house.

BSTTW TEEN NEWS

B. Give away your keys, credit cards and check books when you start to feel experience symptoms--before they get worse.

C. There are good people who can help you through these hard times. It may be your family members or friends. Set up a system with them so they will stay with you around the clock when your symptoms are severe. If you don't have family members or friends who could do this, call your local mental health emergency services and ask them what to do.

I Was A Burned Teenager!

By Delores Gempel Lekowski

It isn't easy being a teenager. You are in between childhood and adulthood. There is a tremendous amount of stress on teenagers now, much more than I had to deal with as a teen. True, you have more opportunities than I did, but it is still tough. However, it is also a great time in your life. This is the decade where you begin to build your future. This is the decade where you need to focus on your dreams. This is where it all begins.

As a teenager who is also a burn survivor, your teen years are greatly magnified with a completely different amount of feelings and stumbling blocks. Being burned is never easy, as a teenager it can be overwhelming and at times you doubt that you will ever achieve a bright happy future.

As individuals, we are all in-charge of our own futures and the power for a bright future is determined by our own goals. Granted, being burned is a challenge in itself, but hey, you have already won the biggest challenge of your life, so don't give up on winning the challenge for a happy fulfilling life. You fought hard to live and now it is time to focus on how you want to live the rest of your life.

You are still you, on the inside, burns did a lot of damage to our bodies, but we still have our
CONTINUED Page 3 "TEENAGER"

Continued from Page 2 "TEENAGER"

personalities, talents, compassion, abilities to learn, hopes, dreams and most importantly, our souls.

This is what defines us, not our burns. These are the tools needed, burned or not, to build happy futures. Smooth, un-scared skin, will get you squat, without these tools.

You can believe everything I am telling you, because I also was a burned teenager. I have accomplished a happy fulfilling life and my burns just went along for the ride.

Your hopes and dreams are your responsibility, don't let your burns rob you of the life you want and are capable of achieving. Your life belongs to you, not your burns.

Take it back and start building your future.

TOGETHER

By: Michael Appleman

Together as a family is the way it should be
How can they all understand what we see?

Living in flames all of our life can be so hot
Together we can make it to the cold spot

Afraid to reach out for all to see
That is why many cannot get free

So lets all put our hands in the air
Open up and begin to share

Then together we can see the light
Enjoying the happiness of winning the survival fight

Bonding After A Traumatic Event

By: Michael Appleman, M.S.

During the first few hours after a disastrous experience, fire, plane crash, automobile crash or other disasters, the individual's survival depends mostly on professionals-doctors, nurses and

BSTTW TEEN NEWS

technicians. Not unexpectedly survivors find themselves bonding immediately to those who have taken part in saving their life. This type of human bonding is the mother/infant union. It has been seen that any relationship between a helpless person and a helping person can work the same way.

Human bonding during traumatic and/or emotional times in a person's life can quietly work miracles. Emotionally bonding can be more positive then negative. It can leave little or no harmful side-effects. The emotional calmness that results from bonding can create a balanced physiological state in which our body's organs and their hormones function in healthy synchronization. In this type of situation, bonding differs entirely from love. Love thrives on both words and actions. Love excites; bonds and heals. There are important reasons why every burn survivor should keep this difference in mind.

Assume that a significant love relationship begins to deteriorate while an individual is still suffering burn trauma. Frequent reactions include anger, resentment, unfaithfulness, revenge, depression or feelings of abandonment. Most people feel that the opposite of love is hate. That can cause a major war. It is best to see the opposite of love as unresponsiveness or apathy. Eventually, when your emotions have made the change to the other side, a person usually stops caring. This creates coldness. When the partners in a bonded relationship are no longer "in touch"; one has moved away, you might expect the feelings of friendship to trigger a friends feelings and their willingness to take part in the burn survivor's recovery. That does not always happen. Many people cannot deal with the pain and changes that have come about. They keep away from the situation in order to help themselves. When a parent, spouse, doctor, nurse, or fellow burn survivor, anyone to whom you had bonded with

CONTINUED Page 4 "BONDING"

Continued from Page 3 “BONDING”

during your initial recovery, is no longer part of your everyday life the burn survivor can become emotionally unstable.

In its exciting and emotional appearance, love brings enthusiasm and joy-along with risks. Ask yourself is it love or bonding that quietly cultivates and maintains both partners? Remember that love makes the world go round and bonding keeps love and the individuals in balance.

**BSTTW CONTACT INFORMATION****Emergency Contact**

We have an Emergency Email Form on the Internet. Go to: www.burnsurvivorsttw.org/emergemail.html

You, your family and friends can also reach us by phone at 941-364-8457. If we are not in the office or it is after hours, you will be given an emergency number to call. A support team member will respond to you within 24 hours. **BSTTW** has at least one individual on call 24 ours day/7 days a week to meet everyone’s needs.

BSTTW Directors

Michael Appleman: **Executive Director**
michael@burnsurvivorsttw.org

Nguyễn Thi Diêu Trân: **Director- Việt Nam**
tran@burnsurvivorsttw.org

DONATIONS

As a 501 (c)(3) Non Profit Organization, all donations, big or small are tax deductible to the extent of the law. **BSTTW** accepts donations for our general fund, the “Dwight Lunkley Racing To Victory” fund, burned children, Vietnamese Burned Children fund and the World Burn Congress fund.

Donations from Companies, Churches, Organizations, Communities and individuals will

BSTTW TEEN NEWS

help **BSTTW** to do the work that is needed for the burn survivor community and the public around the world. Remember your donations can be financial, clothes, food, a used bicycle, automobile, wheel chair, etc.. All will help burn survivors and their family. Many families loose their homes and property. Please personally think about and talk to your family and friends about donating to **BSTTW**.

Mail your donations to:

Burn Survivors Throughout The World, Inc.
650 N Beneva Road #105
Sarasota, Florida 34232

Donate on line at:

www.burnsurvivorsttw.org/donations.html

If you have any questions call us at 941-364-8457 or email **BSTTW** at:
donations@burnsurvivorsttw.org

Volunteering your time to **BSTTW**

We always can use your help. There are many children, adults and families around the world that need support and other help. You can take part in rebuilding the lives and helping people reenter their community. If you are interested contact **BSTTW** by phone or email us at
volunteers@burnsurvivorsttw.org

Purchases

BSTTW has an online store were you can purchase Skin Care Products, Books and Video Tapes. Go to: www.burnsurvivorsttw.org/sales.html
You can also purchase Skin Care Products by phone.

BSTTW ADDRESS & PHONE NUMBERS:

Burn Survivors Throughout The World, Inc.
650 N Beneva Road #105
Sarasota, Florida 34232
Phone: (941) 364-8457 Fax: (941) 364-8457

Feel free to email us if you have any questions and/or comments at: info@burnsurvivorsttw.org