NMVVRC Community Survey Data

Fears, behavioral changes, and mental health services

Presented by:
Amy O’Neill, MS, LPC
VOCA-NCJA, OVC TTAC, Consultant and Survivor
Plan and Prepare

OVCA, OVC TTAC - Response, Recovery, and Resources Toolkit was created to prepare for and respond to victims of mass violence and terrorism through developing comprehensive victim assistance plan.

NMVVRC - improve community preparedness and the nation’s capacity to serve victims recovering from mass violence through research, planning, training, technology, and collaboration.

Trauma-Informed Approach (SAMHSA)

Psychological First Aid, Skills For Psychological Recovery

Trauma-trained clinicians using evidence-based approaches with expertise on the unique needs of people impacted by mass violence.
Ripple Effect
Fear of Future Victimization

- More than half of community members (61%) expressed fear that they or a family member would be the victim of a crime.*
- Two thirds of respondents (66%) were worried about being the victim of another mass violence attack. This was higher than 48% of a national sample from Gallup who reported the same fear.

*National data not available for this item.
Fears

Malls, movie theaters, grocery stores, school, concerts
Large, crowded public places
Constantly looking for exits
Scanning for signs of danger
Fireworks

Being forgotten
Impact On Social Behaviors

- Compared to a national sample from a 2019 Gallup poll, community respondents were more likely avoid going to crowded events and public places.
- Almost half of respondents (48%) reported that they avoid going to large events compared to 29% from the national data.
- 35% avoid going into public places which is more than the 19% from the national data.
Protective Effects of Social Support on PTSD

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<th></th>
<th>El Paso</th>
<th>Parkland</th>
<th>Pittsburgh</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Low Support</td>
<td>High Support</td>
<td>Low Support</td>
</tr>
<tr>
<td>Past Year</td>
<td>30.5%</td>
<td>17.2%</td>
<td>22.3%</td>
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<td>Past Month</td>
<td>10.5%</td>
<td>3.8%</td>
<td>10.3%</td>
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Use of Mental Health Services and Social Support Following The MVI

- After the event, one-third of the respondents reported being offered mental health services, and 18% received them.

- About one-quarter of respondents were invited to join a support group specific to the incident or a general grief group.

- In general, more than half of the respondents reported adequate to high social support following the MVI.
Barriers to Mental Health Aid

- Perceived lack of expertise of mental health aid professionals
- Perceived lack of personal incentives
- Social barriers – stigma, lack of support from family or friends
- Mental health literacy barriers
- Financial barriers

Barriers

Lack of expertise of mental health professionals

“To me, there is no Victim Aid (the institution that helps people after traumatic events). There are people that mean something – maybe – on paper. Like “Pretend you know something!” (laughs). We got people, but they don't know anything – how would they? They're not trained for this. We had to help them (the people from Victim Aid) when they came’ (ID 5).”

-Sometimes victims/survivors are hiding from themselves because what is seen, heard, and experienced feels too awful to reveal

Lack of personal incentives

“I thought long about that (going to therapy). But to do it… Then you have to take the step to be involved with that. And that's what was hard for me, to be occupied with that. Because – you get confronted again with everything. And, just, you know, if you do it, it's going to be tough, and taking the step on your own to go is already tough. So yeah, you got to do it all again on your own, you know' (ID 3).”
Future Considerations

• How do we identify or capture people with need?
  • Primary
  • Secondary
  • Tertiary
• Specialty training for mental health providers
• Prevention Efforts
• Psychoeducation, increasing protective factors
• Increasing self-efficacy, healing past trauma
• Mental Health literacy
• Improving access
• Trauma-informed approach
Response To Mass Violence

• There are unique needs, challenges, and contexts for each community and individual impacted by mass violence or terrorism. Many factors influence healing/recovery and the reaction or response to an event or attack.

• Key findings from research to inform response and recovery phases

• Dynamic process

• Victims/survivors/people impacted will be finding their place and sometimes do not know what they need in the aftermath, so the opportunity to listen and learn can lead to the language to understand